



BEANBYBEAN

Power Journal Workbook

Quick Links

[Daily Journal](#)
[Assignments](#)
[Tools](#)
[Collection Bucket](#)
[My Dream Book](#)
[Your Vision](#)
[Your 12 Week Plan](#)

Welcome to the “Bean by Bean” Power Journal—Your Guided Path to Growth

You’re about to embark on a transformative journey. Over the next 30 days, you’ll establish a foundation of daily habits and routines designed to cultivate clarity, focus, and resilience. This phase is your preparation ground, where you learn to show up for yourself consistently, nurture a growth mindset, and refine your day-to-day rituals.

Getting Started

- **Copy This Document:** Since this Google Doc is not editable, click on **File** at the top and choose “**Make a copy**” to create your personal, editable version. We also recommend to **star** the document for easy access.
 - **Use the Google Docs App:** If you don’t already have the Google Docs app on your phone, we encourage you to download it. That way, you can update your journal on the go.
 - **Share Your Feedback:** We’re always looking to improve! If you have suggestions for how we can refine this workbook, please reach out to us at hellobeanbybean@gmail.com. We’ll be updating this document regularly.
 - **Mark Your Calendar:** In **January 2025**, we’ll release our mobile app, bringing the full workbook right to your pocket.
 - **Stay Connected:** For more resources and updates, visit our website at beanbybean.life.
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How This Journal Is Designed

First 30 Days (Foundational Phase)

During your first 30 days, you'll focus on establishing two core daily rituals—**Morning** and **Evening**—alongside practicing gratitude, setting intentions, and reflecting on each day. Think of this as your “seed planting” period, where every small step enriches your mindset and prepares you for bigger challenges ahead.

- **No Weekly Ritual in Weeks 1–2:** You'll start with just the morning and evening routines. This keeps things simple and helps you solidify these new habits without feeling overwhelmed.
- **Weekly Ritual Launches in Week 3:** Once you reach Week 3, you'll add the Weekly Ritual to your routine. By then, your daily habits will be more natural, and you'll be ready to introduce a weekly check-in to reflect on your wins, set fresh goals, and keep moving forward with clarity.

Transition to the 12-Week Plan (Execution Phase)

After the initial 30 days, you'll transition into a structured 12-week cycle. Here, you'll refine what you've learned—goal-setting, reflection, intention, and daily action—within a more focused framework. You'll break down your larger goals into 12-week “sprints,” define weekly milestones, and align your daily routines with these targeted objectives.

Daily Flow: From Morning to Evening

Each day starts with your **Morning Ritual** and concludes with your **Evening Ritual**. This sequence ensures you begin the day with clarity and end it with reflection:

- **Morning Ritual:** Begin your day with gratitude, intention-setting, and a clear focus on your top priorities. By centering your mindset first thing in the morning, you set yourself up for a productive and purposeful day.
- **Evening Ritual:** Before bed, review the day's wins, note any lessons learned, and outline your main objectives for tomorrow. This reflection helps you close out the day with intention and prepares your mind for the next morning.

You'll see these prompts laid out on each daily page. We've designed them so that each new morning flows naturally from the priorities you set the night before.

Weekly Ritual (Starting Week 3)

By Week 3, you'll be ready to add a weekly session where you:

- **Reflect** on the past week's progress and celebrate wins.
- **Reconnect** with your larger vision and goals.
- **Plan** the upcoming week's key priorities, ensuring each day serves your long-term objectives.

If you begin the journal midweek, just jump into the daily routine, and then start the Weekly Ritual once you reach Week 3. Flexibility is built in, so you can adapt the journal to wherever you are in your life.



Why This Works

This system of morning and evening rituals—plus a weekly check-in after you’ve formed a solid habit base—helps you:

1. **Stay aligned** with your long-term vision by regularly reflecting on it.
 2. **Eliminate decision fatigue** by starting each week (after Week 2) with a clear plan.
 3. **Reinforce positive habits** through consistent daily practice, turning intentions into automatic behaviors.
 4. **Carry forward insights** seamlessly, ensuring each day builds on the last.
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From Seeds to Harvest

Over the first 30 days, you’ll “plant the seeds” of new habits and mental shifts. Once you’ve built a reliable foundation, you’ll move into the 12-week plan—“watering” your goals through focused execution, turning your intentions into tangible results. Like tending a garden bean by bean, each small action adds up over time. By the end of this combined approach, you’ll have both the consistency and clarity needed to keep growing, refining, and reaching new milestones.

It’s time to begin. Your future self awaits, and every page you complete brings you closer to the life you’ve envisioned.



Daily Journal

Click on the link to jump to the day

[Day 1 date:](#)

[Day 2 date:](#)

[Day 3 date:](#)

[Day 4 date:](#)

[Day 5 date:](#)

[Day 6 date:](#)

[Day 7 date:](#)

[Day 8 date:](#)

[Day 9 date:](#)

[Day 10 date:](#)

[Day 11 date:](#)

[Day 12 date:](#)

[Day 13 date:](#)

[Day 14 date:](#)

[Day 15 date:](#)

[Day 16 date:](#)

[Day 17 date:](#)

[Day 18 date:](#)

[Day 19 date:](#)

[Day 20 date:](#)

[Day 21 date:](#)

[Day 22 date:](#)

[Weekly Ritual: Reflect, Plan, and Align with Your Vision](#)

[Day 23 date:](#)

[Day 24 date:](#)

[Day 25 date:](#)

[Day 26 date:](#)

[Day 27 date:](#)

[Day 28 date:](#)

[Weekly Ritual: Reflect, Plan, and Align with Your Vision](#)

[Day 29 date:](#)

[Day 30 date:](#)



DAY 1

date:___/___/___

Connect with your values and make a commitment

5-Minute Core Values Check-In: “Who Are You at Your Core?”

Before diving deeper into your journey, take just five minutes to connect with what truly matters to you. Consider this a quick pause that grounds you in your inner world, ensuring that the path ahead reflects who you really are.

Time Needed: About 5 minutes

Instructions:

Find a quiet moment, set a timer for 5 minutes, and approach the exercise with gentle curiosity.

Step 1: Identify Key Qualities (2 minutes)

Ask yourself: “Who am I at my core?” List a few words that capture the qualities, principles, or virtues you admire—whether in yourself or others you respect.

Examples: Honesty, Compassion, Curiosity, Growth, Authenticity

My Core Qualities:

1. _____
 2. _____
 3. _____
-

Step 2: Reflect on Their Importance (2 minutes)

Look at the qualities you noted. Which one or two feel absolutely essential—your guiding stars when making decisions?

My Most Essential Values:

1. _____
2. _____

Briefly imagine how your life might shift if you honored these values in every choice.

Step 3: A Simple Note to Self (1 minute)

Write one sentence reaffirming these values as the compass guiding you forward:



"I acknowledge these core values _____ and
_____ as the essence of who I am, and I will let them inform the steps I take from
here on."

You've Finished Your Quick Check-In!

In just five minutes, you've rooted yourself in what matters most. Keep these values close as you continue, knowing that each small step—from here on—is grounded in the truth of who you are.

Make a Commitment

Before we begin, take a moment to make a commitment to yourself. Promise to dedicate 30 minutes each day to this process—a time to focus on your growth and most meaningful work.

Here's how to get started:

1. Look at your calendar and choose a consistent time that works for you daily.
2. Add a recurring event and set a reminder.
3. Ideally, make this the first thing you do in the morning, when your mind is fresh and focused. Consider waking up 30 minutes earlier and starting your day with intention. This will be your dedicated time to complete the exercises and take meaningful steps toward your goals.

Write your commitment below to solidify your promise to yourself:

I, _____, commit to dedicating 30 minutes every day at _____ to focus on my growth and meaningful work.

Signed: _____

Date: _____



DAY 2

date:___/___/___

Establish your rituals and reflect on your limiting beliefs

Below is a structured worksheet to help you establish morning and evening rituals, as well as reflect on limiting beliefs. Fill in the spaces as instructed.

Assignment 1: Establish Your Rituals

Morning Ritual

- Time: Right after your wake up
- Action(s):
 - Example: Meditate upon waking (no need to leave bed)
 - Tie this action to an existing habit (e.g., right after turning off your alarm)

Evening Ritual

- Time: Just before going to sleep
- Action(s):
 - Example: Journal before turning out the light
 - Tie this action to an existing habit (e.g., right after brushing your teeth)

Each time you follow through on these rituals, you strengthen your commitment to living with greater intention.

Assignment 2: Reflect on Your Limiting Beliefs

Take a few minutes to consider the beliefs holding you back. Answer the questions below honestly:

1. What do I believe about my ability to succeed?

2. How do I react when life starts going really well for me?

3. In which areas do I feel uncomfortable with too much success or happiness?

Record your answers without judgment. This reflection is your starting point for understanding and reshaping the beliefs that influence your life.



Day 3

date:___/___/___

Morning Ritual Journal

- Meditation

Set a timer for 1 or 2 minutes. Get comfortable, sit or lie down. Close your eyes and start by taking a couple of long slow deep breaths in. Continue breathing normally. Start observing your breath. Watch it as it enters your body and as it leaves. If you have any thoughts or physical sensations, gently let them go and return to your breath. In your mind you can repeat: "I am breathing in, I calm my body, I am breathing out, I smile." (Inspired by Thich Nhat Hanh)

Time - how long did you meditate? : _____

- Complete today's assignment or schedule it

I encourage you to complete the short assignments every day as they come to keep the momentum going. See how you feel and if you really cannot do it today, schedule it.

[Day 3: Embracing Acceptance with the Stoic Lens](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?



Day 4

date:___/___/___

Morning Ritual Journal

- Meditation

Set a timer for 1 or 2 minutes. Get comfortable, sit or lie down. Close your eyes and start by taking a couple of long slow deep breaths in. Continue breathing normally. Start observing your breath. Watch it as it enters your body and as it leaves. If you have any thoughts or physical sensations, gently let them go and return to your breath. In your mind you can repeat: "I am breathing in, I calm my body, I am breathing out, I smile." (Inspired by Thich Nhat Hanh)

Time - how long did you meditate? : _____

- Today's assignment: [Day 4 Assignment: Your Empowering Reminder](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?



Day 5

date:___/___/___

Morning Ritual Journal

- Meditation

Set a timer for 1 or 2 minutes. Get comfortable, sit or lie down. Close your eyes and start by taking a couple of long slow deep breaths in. Continue breathing normally. Start observing your breath. Watch it as it enters your body and as it leaves. If you have any thoughts or physical sensations, gently let them go and return to your breath. In your mind you can repeat: "I am breathing in, I calm my body, I am breathing out, I smile." (Inspired by Thich Nhat Hanh)

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every day I expand, moving from where I am to where I want to be."

- Today's assignment: [Day 5: Starting your inner dialogue](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?



- Clarity Before Sleep

What is my deepest desire? Who would I be, and what would I do, if I could be anything?

Day 6

date:___/___/___

Morning Ritual Journal

- Meditation

Set a timer for 1 or 2 minutes. Get comfortable, sit or lie down. Close your eyes and start by taking a couple of long slow deep breaths in. Continue breathing normally. Start observing your breath. Watch it as it enters your body and as it leaves. If you have any thoughts or physical sensations, gently let them go and return to your breath. In your mind you can repeat: "I am breathing in, I calm my body, I am breathing out, I smile." (Inspired by Thich Nhat Hanh)

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every day I expand, moving from where I am to where I want to be."

- Intention for the Day
What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 6: Start with a dream](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.



Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Clarity Before Sleep
What is my deepest desire?



Day 7

date:___/___/___

Morning Ritual Journal

- Meditation

Set a timer for 1 or 2 minutes. Get comfortable, sit or lie down. Close your eyes and start by taking a couple of long slow deep breaths in. Continue breathing normally. Start observing your breath. Watch it as it enters your body and as it leaves. If you have any thoughts or physical sensations, gently let them go and return to your breath. In your mind you can repeat: "I am breathing in, I calm my body, I am breathing out, I smile." (Inspired by Thich Nhat Hanh)

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every day I expand, moving from where I am to where I want to be."

- Intention for the Day
What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 7: Envisioning your life across the spheres](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.



Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
What would my ideal life look like? Who would I be? How would I look? How would I feel? Who would I be with?
Where would I be? What would I have? What would I do?

- Clarity Before Sleep
What is my deepest desire?

Day 8

date:___/___/___

Morning Ritual Journal

- Meditation

As you enter your second week of practice, consider increasing your meditation sessions by just one minute at a time.

Time - how long did you meditate?: _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Intention for the Day
What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 8: Mind](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.



- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
Who am I? What would the best version of myself look like? What would you do? What would you learn?

- Clarity Before Sleep
What is my deepest desire? How can I be the best version of myself? In what ways can I continue learning, evolving, and growing?

Day 9

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 9: Body](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
How do I want to feel physically, mentally, and emotionally each day?

- Clarity Before Sleep
What is my deepest desire? What steps can I take to maintain a balanced and healthy lifestyle?



Day 10

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 10: Relationship with yourself - Boundaries](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
How can I treat myself better? How do I want other people to treat me? What do my relationships look like when they are most loving, respectful, and fulfilling?

- Clarity Before Sleep
What is my deepest desire?



Day 11

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 11: Relationships with others - your Wolf Pack](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
What does a meaningful relationship look like to me? Who do I imagine having in my life that supports and inspires me? What do I want my inner circle to look like? How do I want to feel surrounded by those around me?

- Clarity Before Sleep
What is my deepest desire?

Day 12

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 12: Fun & Adventure](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
What would life full of adventure look like? What is the ultimate adventure I dream about? How would I feel if there was more adventure and fun in my life?

- Clarity Before Sleep
What is my deepest desire?

Day 13

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 13: Money and material wants](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
If money wasn't an issue, what would your life look like? What would you have? What would you do? How would you contribute?

- Clarity Before Sleep
What is my deepest desire?



Day 14

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I choose to believe that my dreams will come true, even when I don't know how it will happen."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 14: Service to Others - discover your purpose](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
How can I bring more meaning and purpose into my daily routines? What would a life filled with purpose look like for me? What would I do? What kind of legacy—personal, familial, or societal—do I want to leave behind?

- Clarity Before Sleep
What is my deepest desire? How do I want to be remembered by the people who know me?

Day 15

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

“I intentionally align each step I take with the life I truly desire.”

- Gratitude Practice
What am I grateful for today?

Who am I grateful for today?

- Intention for the Day
What's my focus today?

How do I want to show up today?

- Today's assignment: [Day 15: Envision and Align - Define your Success](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Visualization Prompt
What does my ideal life look like? What does my day look like? Where am I living? Who am I? What am I doing?
Who am I with?

- Clarity Before Sleep
What is my deepest desire?

Day 16

date:___/___/___

Morning Ritual Journal

- Meditation

How about adding one more minute to your practice?

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

“I intentionally align each step I take with the life I truly desire.”

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

How do I want to show up today?



- Today's assignment: [Day 16: From Vision to Action: Goal setting - choose your goal](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Clarity Before Sleep
Reflect on your goal and ask yourself: "Why do I really want to achieve this?"



Day 17

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I intentionally align each step I take with the life I truly desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

"Today, I will..."

How do I want to show up today?



-
-
- Today's assignment: [Day 17: From vision to action: Why do you want it?](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?
-
-
-

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?
-
-

- Clarity Before Sleep
Reflect on your goal and ask yourself again: "Why do I really want to achieve this?"
-
-
-
-



Day 18

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I intentionally align each step I take with the life I truly desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 18: From vision to action: schedule your success](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Clarity Before Sleep
Reconnect with your deepest desires: What is my deepest desire?

Day 19

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I intentionally align each step I take with the life I truly desire."

- Gratitude Practice
What am I grateful for today?

Who am I grateful for today?

- Intention for the Day
What's my focus today?

Plan for the Day:

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 19: From vision to action - how?](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success? How can you achieve it? If you are not clear or are facing a challenging task, use the MacGyver Method. Write it down now, free write, and let your subconscious work on it overnight.

- Top 3 Priorities for Tomorrow:

1.

2.

3.

- Clarity Before Sleep
What is my deepest desire?



Day 20

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I intentionally align each step I take with the life I truly desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 20: Building your dream team](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

4.

5.

6.

- Clarity Before Sleep
What is my deepest desire?



Day 21

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"I intentionally align each step I take with the life I truly desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?



- Today's assignment: [Day 21: Track your progress](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

7. _____

8. _____

9. _____

- Clarity Before Sleep
What is my deepest desire?



Day 22

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?



- Today's assignment: [Day 22: Craft your 12 weeks plan](#)

Weekly Ritual: Reflect, Plan, and Align with Your Vision

- Reflect on Your Success

Celebrate your wins and learn from challenges.

Prompts:

- What were my biggest wins this week?
Personal: _____
Work: _____
Inner growth: _____
 - Why were these wins important to me?
 - What were the biggest lessons learned this week?
-

- Weekly Boundaries Reflection
 - Times I Upheld a Boundary & How It Felt
 - *Record specific instances when you successfully maintained a boundary. Did you feel relief, pride, or a renewed sense of self-respect?*
 - Challenges or Stumbles
 - *Note moments when boundaries were crossed or overlooked. What thoughts or circumstances led to these slips?*
 - Adjustments to Consider
 - *How can you refine your boundaries or communication? Would a clearer consequence, a more direct "no," or a gentle reminder help next time?*
-

- Connect with [Your Vision](#)

Revisit your vision for each sphere of life:

(Mind, Body, Relationships, Fun & Adventure, Money, Service to Others).

Prompts:

- Does my vision still resonate with me?
 - Are there any adjustments based on progress or changing priorities?
 - What small step can I take to feel closer to this vision next week?
-

- Review Your [Dream Book](#)



Your dream list is where you define your big aspirations. This is your space to dream without limits and track long-term goals.

Prompts:

- Which dreams inspire me the most right now?
- Am I working on any dreams currently?
- What steps can I take toward one dream this week?

Example:

- Dream: Write a book.
Progress Step: Complete the outline by Saturday.

-
- Review Your [Collection Bucket](#)

Your bucket list is where you capture smaller ideas, creative projects, and to-dos. Think of it as a holding space for things you don't want to forget.

Prompts:

- Are there any new ideas or projects to add to my bucket list?
- What tasks can I schedule for this week to start clearing my list?

Example Items:

- Organize a family picnic.
- Research destinations for next year's vacation.
- Try a new recipe.
- Buy a gift for a friend's birthday.

-
- Review [Your 12 Week Plan](#)

Check your progress toward medium-term goals.

Prompts:

- What milestones did I accomplish this week?
- Which milestones need more focus next week?
- Are there adjustments I need to make to stay on track?

-
- Set Your Wins for the Week

Choose 1–3 milestones for the week and break them into smaller, actionable steps.

Prompts:

- What are my top 1–3 wins for this week?
- What daily actions can I take to accomplish these wins?
- Am I dedicating enough time for these tasks?



Example:

- Weekly Win: Finish Chapter 1 of my book.
 - Day 1: Research background materials.
 - Day 2: Write 500 words.
 - Day 3: Edit and revise.
-

- Plan Your Daily Actions

Break your weekly wins into daily tasks and align them with your schedule.

Prompts:

- What are my daily priorities?
 - Am I allowing buffer time for unexpected delays?
 - What time blocks will I dedicate to these tasks?
-

- Celebrate Progress and Reflections

Wrap up your ritual with gratitude and insights.

Prompts:

- What exceptional things did I achieve last week?
- What did I learn about myself or my processes?
- How do I feel about the week ahead?

Weekly Rating:

Rate your week on a scale of 1 (mediocre) to 10 (world-class).

Score: _____

Insights and Notes:

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.



Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

10.

11.

12.

- Clarity Before Sleep
What is my deepest desire?



Day 23

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 23: Cultivating a microhabit for the Mind](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

13.

14.

15.

- Clarity Before Sleep
What is my deepest desire?



Day 24

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 24: Cultivating a Microhabit for the Body](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

16. _____

17. _____

18. _____

- Clarity Before Sleep
What is my deepest desire?



Day 25

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 25: Cultivating a Microhabit for Relationships](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

19. _____

20. _____

21. _____

- Clarity Before Sleep
What is my deepest desire?



Day 26

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 26: Cultivating a Microhabit for Fun & Adventure](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

22. _____

23. _____

24. _____

- Clarity Before Sleep
What is my deepest desire?



Day 27

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Day 27: Cultivating a Microhabit for Money](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

25. _____

26. _____

27. _____

- Clarity Before Sleep
What is my deepest desire?



Day 28

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

“Every action I take, no matter how small, brings me closer to the life I desire.”

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?



- Today's assignment: [Day 28: Cultivating a Microhabit for Service](#)

Weekly Ritual: Reflect, Plan, and Align with Your Vision

- Reflect on Your Success

Celebrate your wins and learn from challenges.

Prompts:

- What were my biggest wins this week?
Personal: _____
Work: _____
Inner growth: _____
 - Why were these wins important to me?
 - What were the biggest lessons learned this week?
-

- Weekly Boundaries Reflection
 - Times I Upheld a Boundary & How It Felt
 - *Record specific instances when you successfully maintained a boundary. Did you feel relief, pride, or a renewed sense of self-respect?*
 - Challenges or Stumbles
 - *Note moments when boundaries were crossed or overlooked. What thoughts or circumstances led to these slips?*
 - Adjustments to Consider
 - *How can you refine your boundaries or communication? Would a clearer consequence, a more direct "no," or a gentle reminder help next time?*
-

- Connect with [Your Vision](#)

Revisit your vision for each sphere of life:

(Mind, Body, Relationships, Fun & Adventure, Money, Service to Others).

Prompts:

- Does my vision still resonate with me?
 - Are there any adjustments based on progress or changing priorities?
 - What small step can I take to feel closer to this vision next week?
-

- Review Your [Dream Book](#)



Your dream list is where you define your big aspirations. This is your space to dream without limits and track long-term goals.

Prompts:

- Which dreams inspire me the most right now?
- Am I working on any dreams currently?
- What steps can I take toward one dream this week?

Example:

- Dream: Write a book.
Progress Step: Complete the outline by Saturday.

-
- Review Your [Collection Bucket](#)

Your bucket list is where you capture smaller ideas, creative projects, and to-dos. Think of it as a holding space for things you don't want to forget.

Prompts:

- Are there any new ideas or projects to add to my bucket list?
- What tasks can I schedule for this week to start clearing my list?

Example Items:

- Organize a family picnic.
- Research destinations for next year's vacation.
- Try a new recipe.
- Buy a gift for a friend's birthday.

-
- Review [Your 12 Week Plan](#)

Check your progress toward medium-term goals.

Prompts:

- What milestones did I accomplish this week?
- Which milestones need more focus next week?
- Are there adjustments I need to make to stay on track?

-
- Set Your Wins for the Week

Choose 1–3 milestones for the week and break them into smaller, actionable steps.

Prompts:

- What are my top 1–3 wins for this week?
- What daily actions can I take to accomplish these wins?
- Am I dedicating enough time for these tasks?



Example:

- Weekly Win: Finish Chapter 1 of my book.
 - Day 1: Research background materials.
 - Day 2: Write 500 words.
 - Day 3: Edit and revise.
-

- Plan Your Daily Actions

Break your weekly wins into daily tasks and align them with your schedule.

Prompts:

- What are my daily priorities?
 - Am I allowing buffer time for unexpected delays?
 - What time blocks will I dedicate to these tasks?
-

- Celebrate Progress and Reflections

Wrap up your ritual with gratitude and insights.

Prompts:

- What exceptional things did I achieve last week?
- What did I learn about myself or my processes?
- How do I feel about the week ahead?

Weekly Rating:

Rate your week on a scale of 1 (mediocre) to 10 (world-class).

Score: _____

Insights and Notes:



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the one thing I can do tomorrow that will bring me closer to success?

- Top 3 Priorities for Tomorrow:

28. _____

29. _____

30. _____

- Clarity Before Sleep
What is my deepest desire?



Day 29

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?



- Today's assignment: [Day 29: Integrating Microhabits Into Your 12-Week Plan](#)

Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the the most important thing I need to accomplish tomorrow?

- Top 3 Priorities for Tomorrow:

31. _____

32. _____

33. _____

- Clarity Before Sleep
What is my deepest desire?



Day 30

date:___/___/___

Morning Ritual Journal

- Meditation

Time - how long did you meditate? : _____

Affirmation (Repeat 5 Times):

"Every action I take, no matter how small, brings me closer to the life I desire."

- Gratitude Practice

What am I grateful for today?

Who am I grateful for today?

- Intention for the Day

What's my focus today?

Plan for the Day:

What are my top priorities today?

"Today, I will..."

How do I want to show up today?

- Today's assignment: [Download your new 12 week journal](#)



Evening Ritual Journal

- Take a breath: Practice box breathing or set a timer

Practice Box Breathing:

- Breathe in for a count of 4.
- Hold your breath for a count of 4.
- Exhale for a count of 4.
- Hold your breath out for a count of 4.

Repeat this cycle 2–3 times or as needed to feel calm and centered.

- Reflect on Your Day
What were today's wins?

What lessons did I learn today?

- Plan for Tomorrow
What is the the most important thing I need to accomplish tomorrow?

- Top 3 Priorities for Tomorrow:

34.

35.

36.

- Clarity Before Sleep
What is my deepest desire?



Assignments:

[Back to Top](#)

[Assignment Quicklinks:](#)

[Day 1: Make a commitment](#)

[Day 2: Schedule your rituals and reflect on your limiting beliefs](#)

[Day 3: Embracing Acceptance with the Stoic Lens](#)

[Day 4 Assignment: Your Empowering Reminder](#)

[Day 5: Starting your inner dialogue](#)

[Day 6: Start with a dream](#)

[My Dream Book](#)

[Day 7: Envisioning your life across the spheres](#)

[Day 8: Mind](#)

[Day 9: Body](#)

[Day 10: Relationship with yourself - Boundaries](#)

[Day 11: Relationships with others - your Wolf Pack](#)

[Curating My Wolf Pack and Ideal Connections](#)

[Day 12: Fun & Adventure](#)

[Create Your Fun Toolkit](#)

[Day 13: Money and material wants](#)

[Day 14: Service to Others - discover your purpose](#)

[Finding Your Purpose and Aligning Your Vision](#)

[Reflection](#)

[Day 15: Envision and Align - Define your Success](#)

[Your Vision](#)

[Day 16: From Vision to Action: Goal setting - choose your goal](#)

[Day 17: From vision to action: Why do you want it?](#)

[Day 18: From vision to action: schedule your success](#)

[Day 19: From vision to action - how?](#)

[Day 20: Building your dream team](#)

[Day 21: Track your progress](#)

[Day 22: Craft your 12 weeks plan](#)

[Day 23: Cultivating a microhabit for the Mind](#)

[Day 24: Cultivating a Microhabit for the Body](#)

[Day 25: Cultivating a Microhabit for Relationships](#)

[Day 26: Cultivating a Microhabit for Fun & Adventure](#)

[Day 27: Cultivating a Microhabit for Money](#)

[Day 28: Cultivating a Microhabit for Service](#)

[Day 29: Integrating Microhabits Into Your 12-Week Plan](#)

[Action Plan Worksheet](#)

[Back to Top](#)



Day 1: Make a commitment [Go to assignment Quicklinks](#)

5-Minute Core Values Check-In: “Who Are You at Your Core?”

Before diving deeper into your journey, take just five minutes to connect with what truly matters to you. Consider this a quick pause that grounds you in your inner world, ensuring that the path ahead reflects who you really are.

Time Needed: About 5 minutes

Instructions:

Find a quiet moment, set a timer for 5 minutes, and approach the exercise with gentle curiosity.

Step 1: Identify Key Qualities (2 minutes)

Ask yourself: “Who am I at my core?” List a few words that capture the qualities, principles, or virtues you admire—whether in yourself or others you respect.

Examples: Honesty, Compassion, Curiosity, Growth, Authenticity

My Core Qualities:

1. _____
 2. _____
 3. _____
-

Step 2: Reflect on Their Importance (2 minutes)

Look at the qualities you noted. Which one or two feel absolutely essential—your guiding stars when making decisions?

My Most Essential Values:

1. _____
2. _____

Briefly imagine how your life might shift if you honored these values in every choice.

Step 3: A Simple Note to Self (1 minute)

Write one sentence reaffirming these values as the compass guiding you forward:

“I acknowledge these core values—_____ and _____
_____—as the essence of who I am, and I will let them inform the steps I take from here on.”

You’ve Finished Your Quick Check-In!

In just five minutes, you’ve rooted yourself in what matters most. Keep these values close as you continue, knowing that each small step—from here on—is grounded in the truth of who you are.



Make a Commitment

Before we begin, take a moment to make a commitment to yourself. Promise to dedicate 30 minutes each day to this process—a time to focus on your growth and most meaningful work.

Here's how to get started:

4. Look at your calendar and choose a consistent time that works for you daily.
5. Add a recurring event and set a reminder.
6. Ideally, make this the first thing you do in the morning, when your mind is fresh and focused. Consider waking up 30 minutes earlier and starting your day with intention. This will be your dedicated time to complete the exercises and take meaningful steps toward your goals.

Write your commitment below to solidify your promise to yourself:

I, _____, commit to dedicating 30 minutes every day at _____ to focus on my growth and meaningful work.

Signed: _____

Date: _____



Day 2: Schedule your rituals and reflect on your limiting beliefs [Go to assignment Quicklinks](#)

Below is a structured worksheet to help you establish morning and evening rituals, as well as reflect on limiting beliefs. Fill in the spaces as instructed.

Assignment 1: Establish Your Rituals

Morning Ritual

- Time: _____
- Action(s):
 - Example: Meditate upon waking (no need to leave bed)
 - Tie this action to an existing habit (e.g., right after turning off your alarm)

Evening Ritual

- Time: _____
- Action(s):
 - Example: Journal before turning out the light
 - Tie this action to an existing habit (e.g., right after brushing your teeth)

Each time you follow through on these rituals, you strengthen your commitment to living with greater intention.

Assignment 2: Reflect on Your Limiting Beliefs

Take a few minutes to consider the beliefs holding you back. Answer the questions below honestly:

4. What do I believe about my ability to succeed?

5. How do I react when life starts going really well for me?

6. In which areas do I feel uncomfortable with too much success or happiness?

Record your answers without judgment. This reflection is your starting point for understanding and reshaping the beliefs that influence your life.



Day 3: Embracing Acceptance with the Stoic Lens [Go to assignment](#)

[Quicklinks](#)

Assignment: Embracing Acceptance with the Stoic Lens

Use this worksheet to guide your reflection and cultivate a more resilient mindset.

1. Recall a Challenge

Describe a situation that felt overwhelming—personal, professional, or relational.

- What happened?
- How did you feel?
- What circumstances made it difficult?

Response:

2. Observe Your Original Response

Reflect on how you reacted at the time. Did you try to control the uncontrollable or focus on what you could influence?

Record your honest recollection without judgment.

Response:

3. Reframe Through Stoic Acceptance and the Genius Move

Revisit the scene through the lens of acceptance. Acknowledge what you cannot change. Then ask: “What’s the most empowering action I can take right now?” Describe how you’d shift your perspective and response.

Response:

4. Envision a Different Outcome

How might events have played out differently if you’d chosen acceptance over resistance? Consider how your attitude, perspective, and actions could have changed the trajectory.

Response:



5. Commit to Your Future Self

Look ahead. The next time life challenges you, how will you use this lesson? Promise yourself to remember that acceptance is not surrender—it's focusing on what you can truly influence.

Response:



Day 4 Assignment: Your Empowering Reminder [Go to assignment Quicklinks](#)

1. Craft Your Affirmation

Write a short, powerful statement that reflects the mindset you want to cultivate.

Example: "I am capable, I am growing, and I trust myself to find my way."

Your Affirmation:

2. Location for Your Reminder

Where will you place this affirmation so you see it often?

(e.g., bathroom mirror, computer screen, phone lock screen)

Chosen Location:

3. Daily Repetition

Integrate your affirmation into your morning ritual. After your brief morning meditation, whisper or gently speak your affirmation out loud. This connects your calm, focused state to the belief you're reinforcing.

Time of Morning Ritual:

(e.g., right after waking, before leaving bed, after meditating)

4. Reflection

Each day, note any shifts in your mindset or how you approach challenges after repeating your affirmation.

Daily Observations (optional):

Commitment:

I commit to reading and speaking my affirmation daily, reminding myself of my capability, growth, and trust in my own journey.



Day 5: Starting your inner dialogue [Go to assignment Quicklinks](#)

Assignment: Start Your Inner Dialogue as a part of your evening ritual

Starting today, before going to bed:

1. Close your eyes and take a few slow, deep breaths.
2. Ask yourself three times: *"What is my deepest desire?"* After each time, pause and breathe, allowing any thoughts, images, or emotions to surface naturally.
3. Then, ask yourself three times: *"Who would I be, and what would I do, if I could be anything?"* Once again, pause after each repetition, giving any emerging answers or feelings room to unfold.
4. There's no need to rush or judge your responses. Sometimes insights appear immediately; sometimes they arrive quietly over time. You are simply beginning a dialogue with your inner world, inviting your dreams and hidden longings to speak.

Day 6: Start with a dream [Go to assignment Quicklinks](#)

Dream session: Start with a dream

"Your dreams are not just ideas; they are the blueprint of your potential. Plant them, nourish them, and watch your life transform."

— Marie Forleo

Objective

The purpose of this exercise is to unlock your potential by identifying and organizing your dreams across all spheres of life. Writing down your dreams helps clarify your aspirations and creates a clear roadmap for personal growth and fulfillment. This journal will be your space to explore the possibilities within you—both big and small.

Step 1: Why Write 100 Dreams?

As we discussed earlier in the book, everyone is familiar with their grandest dreams—the ambitious, life-changing goals that inspire and excite them. However, when challenged to list 100 dreams, you'll uncover smaller, more attainable aspirations that often go unnoticed. These smaller dreams serve as motivational wins, creating momentum to achieve the larger goals.

By capturing 100 dreams, you expand your perspective and explore areas of life that may have been overlooked. These dreams don't need to be perfect, practical, or seem realistic—this is your space to dream without limits and expand your boundaries.

Step 2: Think of the Spheres of Life

To help expand your thinking, reflect on these six spheres of life. Consider what inspires you in each area:

- Mind: What do you want to learn, master, or explore?



- Body: How can you nurture your physical health and vitality?
 - Relationships: What connections do you want to deepen or build?
 - Fun and Adventure: What experiences or challenges excite you?
 - Money: What financial goals or aspirations bring you security and freedom?
 - Service to Others: How can you give back and make an impact?
-

Step 3: Write Down Your Dreams

1. Start Writing:

- Find a quiet, comfortable place free from distractions.
- Use a pencil so you can refine and update your list as your dreams evolve.
- Write freely and without judgment—this list is for you alone.

2. Don't Overthink:

Begin by writing down the big dreams that come easily to mind. As you continue, you'll uncover smaller dreams that may seem less significant but are just as valuable.

Step 4: Assign Spheres and Timelines

Once you've written your dreams, revisit your list to assign each dream to a sphere of life. Then, categorize them by timeline:

- Short-Term: Achievable within 1 year.
- Mid-Term: Achievable within 1-3 years.
- Long-Term: Achievable in 3+ years.

Use the journal's columns to add this information for each dream.

Step 5: Review and Update Regularly

Your dream list is a living document. Each week during your weekly ritual, you will review your list, celebrate your progress, and make updates. Mark the date when you accomplish a dream, and let the sense of achievement inspire you to pursue the next.

Tips for Success:

- Write with curiosity and excitement—this is about exploring what truly inspires you.
 - Revisit your list often. Achieving one small dream can spark momentum for larger aspirations.
 - Let this journal grow with you. Your dreams will evolve, and that's part of the journey.
-



Your Dream Journal Layout

The following pages include 100 numbered lines, each with two columns:

- Sphere of Life: Mind, Body, Relationships, Fun and Adventure, Money, Service to Others.
 - Timeline: Short-Term (up to 1 year), Mid-Term (1-3 years), Long-Term (3+ years).
-

Why This Matters

Dreams are the seeds of transformation. Just as Santiago's journey began with a dream in *The Alchemist*, your journey starts here. When you give your dreams attention, they grow into meaningful actions that reshape your reality. Achieving dreams is a habit that leads to a more engaged, fulfilling life.

Dream boldly, dream freely, and let your dreams guide you toward a life of balance, purpose, and joy. What will you create? Let's begin!

Dream Journal Worksheet

Instructions:

1. Write down your 100 dreams in the numbered lines below. You don't need to have an equal number of dreams for each sphere. The different spheres serve to expand your thinking.
 2. After listing all your dreams, assign each one to a Sphere of Life and a Timeline:
 - Sphere of Life: Mind, Body, Relationships, Fun and Adventure, Money, Service to Others.
 - Timeline:
 - Short-Term (up to 1 year)
 - Mid-Term (1-3 years)
 - Long-Term (3+ years)
 3. Use a pencil if you are writing the paper version so you can update your list as your dreams evolve.
 4. Revisit and review your list weekly to track your progress, update your dreams, and celebrate your achievements.
-

Prompts for Each Sphere of Life

Mind: Explore Knowledge and Growth

- What skills have you always wanted to learn or master (e.g., a new language, playing an instrument, coding)?
 - Are there books you'd love to read or courses you've dreamed of taking?
 - What subject or area of knowledge fascinates you that you'd like to explore further?
 - How do you want to challenge or expand your creative thinking?
 - Is there a professional or personal goal tied to your intellectual growth?
-

Body: Nurture Health and Vitality

- What fitness goals would you like to achieve (e.g., run a marathon, try yoga, improve flexibility)?



- How can you improve your overall wellness (e.g., better sleep habits, mindful eating, stress reduction)?
 - Are there physical activities you've always wanted to try (e.g., surfing, hiking, rock climbing)?
 - What small changes can you make to feel stronger, healthier, or more energetic?
 - How can you care for your body to support your long-term health?
-

Relationships: Deepen Connections

- Who in your life do you want to spend more time with, or connect with more deeply?
 - Are there specific actions you could take to strengthen a current relationship?
 - What new connections or friendships would you like to build?
 - How can you show appreciation to those who matter most to you?
 - What traditions or rituals could you create to enhance family or social bonds?
-

Fun and Adventure: Embrace New Experiences

- What places have you dreamed of visiting, near or far?
 - Are there hobbies or activities you'd like to start just for fun?
 - What adventure excites you (e.g., skydiving, scuba diving, road trips)?
 - How can you incorporate more spontaneity and joy into your routine?
 - What bucket-list experiences would make your life feel richer?
-

Money: Create Security and Freedom

- What are your financial goals (e.g., saving for a house, paying off debt, building an emergency fund)?
 - How would you like to increase or diversify your income?
 - Are there investments or financial skills you want to learn about?
 - What does financial freedom look like for you, and how can you achieve it?
 - How would you use your wealth to create the life you desire?
-

Service to Others: Make an Impact

- How can you give back to your community or support a cause you care about?
 - What legacy or contribution do you want to leave behind?
 - Are there volunteer opportunities or projects you'd like to explore?
 - How can you align your career or skills with meaningful impact?
 - What small actions could you take to make someone's life better today?
-

These prompts are designed to spark inspiration and help you uncover dreams across all spheres of life. Use them as a guide to create a balanced and fulfilling vision for your future!



My Dream Book

[Back to Top](#)

#	Dream	Sphere of Life	Timeline
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Key for Sphere of Life

- Mind: Skills, knowledge, and intellectual goals.
- Body: Health, fitness, and wellness aspirations.
- Relationships: Connections with family, friends, and loved ones.
- Fun and Adventure: Experiences, travel, and new challenges.
- Money: Financial goals and security.
- Service to Others: Career, giving back and making an impact.

Use this template as a tool to uncover, organize, and track your dreams. Dream big, align your goals with your vision, and take small steps to turn them into reality!



Day 7: Envisioning your life across the spheres [Go to assignment Quicklinks](#)

Below is a worksheet to help you envision and articulate how your dreams might unfold in each sphere of your life. Complete each section thoughtfully and review the results to ensure your vision aligns with your deepest values and aspirations.

Assignment: Envisioning Your Life Across the Spheres

1. Reflect on Your Dreams

Take a moment to think about the dreams that stand out most vividly—whether from a list of 100 ideas you’ve created or any personal goals that resonate strongly with you. Consider how each might influence different aspects of your life.

Notes:

2. Create One Sentence per Sphere

For each sphere below, write one clear, authentic sentence describing how you see yourself thriving in that area.

Mind (e.g., learning, personal growth):

Body (e.g., health, fitness, well-being):

Relationships (e.g., family, friends, community):

Fun & Adventure (e.g., travel, hobbies, exploration):

Money (e.g., savings, investing, financial security):

Service to Others (e.g., mentoring, volunteering, contributing):

3. Review and Adjust

Read over your sentences. Do they feel aligned with your values and aspirations? Adjust any wording until each sentence resonates with you and paints a picture of a balanced, purposeful life.



Reflections/Adjustments:

By completing this assignment, you create a guiding vision—one that integrates your dreams into each sphere of life. Keep this worksheet accessible and revisit it as you continue shaping a fulfilling and harmonious future.

From Dream to Vision

Below is a uniform, six-step framework applied to each life sphere—Mind, Body, Relationships, Fun & Adventure, Money, and Service—just as demonstrated for the Mind sphere. Use these steps to gain clarity, identify and overcome limiting beliefs, set empowering affirmations, establish helpful habits, and introduce challenges that move you toward your vision. Complete the worksheet for each area to create a balanced, fulfilling life.



Day 8: Mind [Go to assignment Quicklinks](#)

1. Rate Your Current Reality

Prompt: Assess your satisfaction with your mental well-being, personal growth, and emotional clarity.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

How content are you with your mindset and learning habits?

2. Current Stories: Limiting Beliefs

Prompt: Identify beliefs that hold you back.

- Do I doubt my ability to learn or grow?
- Am I afraid of failure or new experiences?

Worksheet:

Current Stories / Limiting Beliefs:

3. Rewrite the Story with Your Vision

Prompt: Envision your ideal mental state. Who could you become without limitations?

- How would embracing curiosity and growth improve your daily life?
- What would mental clarity and confidence look like?

Worksheet:

Your Vision:

4. Replace Negative Self-Talk with Affirmations

Examples:

- "I am a lifelong learner."
- "I view challenges as opportunities to grow."

Worksheet:

Affirmations:

5. Habits

Prompt: Consider which habits to stop, start, and continue.

- Which mental patterns no longer serve me (e.g., procrastination)?
- What daily practices foster growth (e.g., journaling)?

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Meditate 10 minutes daily for one week.
- Complete one growth-oriented book or course.

Worksheet:

Challenge for this Week:



Day 9: Body [Go to assignment Quicklinks](#)

1. Rate Your Current Reality

Prompt: Assess satisfaction with your physical health, energy, and fitness.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

How do you feel about your physical well-being?

2. Current Stories: Limiting Beliefs

Prompt: Identify beliefs that hinder improvement.

- Do I believe I'm too busy or too old to get fit?
- Do I assume I can't enjoy exercise or healthy eating?

Worksheet:

Current Stories / Limiting Beliefs:

3. Rewrite the Story with Your Vision

Prompt: Imagine optimal health.

- What would it feel like to have abundant energy and strength?
- How would better health enhance your daily life?

Worksheet:

Your Vision:

4. Replace Negative Self-Talk with Affirmations

Examples:

- "My body is my ally."
- "I move with joy and confidence."

Worksheet:

Affirmations:

5. Habits

Prompt: Decide what to stop, start, and continue.

- Stop: Skipping breakfast or meals.
- Start: Preparing balanced meals.
- Continue: Regular walks or workouts.

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Try a new workout class this week.
- Track your water intake daily.

Worksheet:

Challenge for this Week:



Day 10: Relationship with yourself - Boundaries [Go to assignment Quicklinks](#)

Below is a structured worksheet to help you explore, define, and practice setting personal boundaries. Complete each step thoughtfully, and remember that this process is flexible—adjust and refine your boundaries as you learn what works best for you.

Assignment: Exploring and Setting Your Personal Boundaries

Goal: Identify areas where you need boundaries, define them clearly, and maintain them to reduce stress, protect your energy, and honor your values.

Step 1: Identify Your Needs and Values

Journal briefly about where you feel stressed, overwhelmed, or resentful. Consider activities that drain you, areas where you say “yes” out of guilt, or habits that conflict with your values.

Prompts:

- Which activities or requests deplete your energy?
- Where do you often agree to something you don't truly want to do?
- How do certain situations clash with your personal values?

List 3–5 Areas Where Boundaries Could Help:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

Step 2: Define Specific Boundaries with “If, Then” Statements

For each area identified, create a clear, actionable boundary using the “If, Then” format.

Examples:

- “If I feel tempted to check my phone after 9 PM, then I will leave it in another room.”
- “If I’m asked to add an extra project at work, then I will say, ‘I can, but let’s review my current priorities first.’”

Your Boundaries:

1. _____
2. _____
3. _____
4. _____



5. _____

Step 3: Set Consequences and Reinforce Them

Attach a consequence to each boundary to hold yourself accountable.

Examples:

- “If I use my phone after 9 PM, I’ll turn it off for the entire next evening.”
- “If I skip lunch breaks for a week, I’ll schedule a day off to rest and reset.”

Your Consequences:

1. _____
 2. _____
 3. _____
 4. _____
 5. _____
-

Step 4: Practice Saying a Positive No

Role-play scenarios where you uphold your boundaries. Write down a respectful, clear response you might give in a challenging situation. Use affirmations to strengthen your resolve.

Scenario Response Example:

“Thank you for inviting me, but I need a quiet evening. Let’s plan something for next week.”

Your Practice Responses:

1. _____
2. _____
3. _____

Affirmations:

- “I respect my own time and energy.”
 - “Prioritizing my well-being helps me show up better for others.”
-

Step 5: Track Your Progress and Adjust

Over the next week, note each time you uphold a boundary and how it felt. If you stumble, reflect on why. After a week, reassess whether your boundaries are realistic and beneficial. Adjust them as needed.

Weekly Reflection Notes:

- Times I upheld a boundary and how it felt:

- Challenges or stumbles:



- Adjustments to consider:
-

Final Reflection:

By practicing these steps, you protect your time, energy, and well-being, reaffirming your worth and authenticity. With each boundary you set and maintain, you strengthen your relationship with yourself and approach the world from a place of integrity and self-respect.



Day 11: Relationships with others - your Wolf Pack [Go to assignment](#)

[Quicklinks](#)

1. Rate Your Current Reality

Prompt: Evaluate your sense of connection and communication with others.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

How fulfilled are you with your personal and social connections?

2. Current Stories: Limiting Beliefs

Prompt: Identify thoughts that block deeper relationships.

- Do I feel unworthy of love or support?
- Am I hesitant to trust or open up to others?

Worksheet:

Current Stories / Limiting Beliefs:

3. Rewrite the Story with Your Vision - Curating your Wolf Pack

Prompt: Picture your ideal relationships.

Below is a worksheet to help you map and reflect on your social connections, clarify the qualities you value in relationships, and identify actions that move you closer to nurturing meaningful connections.

Curating My Wolf Pack and Ideal Connections

1. Map My Circles

Draw or imagine three concentric circles:

- Innermost Circle: People who consistently uplift and inspire you.
- Middle Circle: Those who are positive but less central to your life.
- Outer Circle: Acquaintances who influence you indirectly.

Instructions:

List names or initials in each circle. Consider who energizes you, who might drain you, and how you'd like to adjust these positions for greater harmony.

Innermost Circle (Uplift & Inspire):

Middle Circle (Supportive but Less Central):

Outer Circle (Acquaintances Influencing Indirectly):



Reflections:

- Who among these circles could you spend more quality time with?
- Are there individuals you might want to see less often to preserve your energy?

Notes:

2. Describe My Ideal Partner or Friend

Identify the qualities you value most in a close connection (e.g., kindness, empathy, humor, curiosity). Then, reflect on whether you embody these traits yourself.

Qualities I Value:

Do I Embody These Qualities?

What small changes can I make to better reflect these traits?

3. Action Steps

Determine what you can do to foster deeper connections or attract relationships aligned with your values.

If You Want Stronger Friendships:

- Consider joining a class, volunteer group, or social club that aligns with your interests.
- Make a commitment to reach out to supportive friends more regularly.

If You're Seeking a Partner:

- Frequent places that reflect your values (e.g., community events, workshops, or cultural activities you enjoy).
- Focus on becoming the kind of person you want to meet by nurturing your own interests, well-being, and emotional health.

If You're Single and Content:

- Invest in your skills, health, and creativity, creating a fulfilling life on your own terms.
- Remain open to new connections that complement the strong foundation you've built for yourself.

Action Steps I'll Take This Week:

1.

2.

3.



Final Reflection:

Look over your circles, your ideal qualities, and your action steps. How will these insights shape your interactions and the connections you cultivate going forward?

- ---

4. Replace Negative Self-Talk with Affirmations

Examples:

- “I deserve and nurture meaningful relationships.”
- “I communicate openly and honestly.”

Worksheet:

Affirmations:

5. Habits

Prompt: Choose what to stop, start, and continue.

- Stop: Ignoring calls or messages for days.
- Start: Weekly check-ins with loved ones.
- Continue: Quality time with friends or family.

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Write a letter of appreciation to someone important.
- Schedule a short call to reconnect with an old friend.

Worksheet:

Challenge for this Week:



Day 12: Fun & Adventure [Go to assignment Quicklinks](#)

1. Rate Your Current Reality

Prompt: Assess how much joy and spontaneity you allow into your life.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

Are you embracing moments of play and exploration?

2. Current Stories: Limiting Beliefs

Prompt: Identify beliefs that restrict enjoyment.

- Do I think fun is unproductive or frivolous?
- Do I feel guilty about taking time for pleasure?

Worksheet:

Current Stories / Limiting Beliefs:

3. Rewrite the Story with Your Vision - Create your Fun Toolkit

Prompt: Imagine a life rich with joy and discovery.

- What activities would spark excitement?
- How would regular adventure brighten your outlook?

Worksheet:

Your Vision: Describe your vision and create your fun toolkit

Below is a worksheet to guide you in creating your own “fun toolkit.” Use this template to brainstorm ideas, schedule enjoyable activities, and reflect on how these small moments of delight enhance your daily life.

Create Your Fun Toolkit

1. Collect Inspiring Reminders

Think of items or cues that instantly bring a smile to your face or a sense of warmth to your heart.

- Photos or keepsakes from happy memories:

- Souvenirs from past adventures (e.g., shells, ticket stubs):

- Music playlists, a favorite upbeat song, or podcasts that lift your mood:

- Any other personal memento that sparks joy:

Where will you keep these reminders accessible?

(e.g., a box on a shelf, a digital folder on your phone or computer)



2. Compile a “Fun Magnets” List

List activities that spark delight—both familiar favorites and new ideas you’d like to try.

- Tried-and-True Favorites (painting, hiking, playing board games):

- New Ideas You’re Curious About (visiting museums, volunteering, taking a dance class):

- Quick Fun Breaks (5-minute sketch, silly YouTube dance tutorial, calling a friend):

3. Action Plan

Choose one “fun session” per week. Even 30 minutes counts.

- When will you schedule it? (*e.g., Thursday evenings, Sunday afternoons*)

- Which activity will you try first?

After the session:

- How did you feel afterward?

- Did this activity resonate with you? Why or why not?

Over time, note which activities energize you most and refine your toolkit accordingly.

4. Commit to Using Your Toolkit

When stress or overwhelm creeps in, open your toolkit and select an activity or reminder.

- What’s a quick, fun activity you can do when you’re pressed for time?

- How will you document these experiences? (*e.g., a journal, voice notes*)

Reflect regularly:

- How did this shift your mood?

- What new insights or discoveries did you gain about yourself?

Example Toolkit Items (for inspiration):

- A Polaroid from a past road trip
- A list of local dance classes or language meetups



- A smooth pebble from a favorite beach as a tactile reminder of nature's calm
 - A journal page listing ten quick fun breaks
-

By building and using your fun toolkit, you transform moments of leisure into a renewable resource. Rather than waiting for special occasions, you'll weave small, meaningful joys into your everyday routine—reminding yourself that happiness can be cultivated, cherished, and renewed at will.

4. Replace Negative Self-Talk with Affirmations

Examples:

- "I deserve fun and memorable experiences."
- "I invite new adventures into my life."

Worksheet:

Affirmations:

5. Habits

Prompt: Decide what to stop, start, and continue.

- Stop: Overworking without breaks.
- Start: Scheduling weekly fun activities.
- Continue: Exploring new interests or places.

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Plan a day trip to somewhere new.
- Try a hobby you've never considered before.

Worksheet:

Challenge for this Week:



Day 13: Money and material wants [Go to assignment Quicklinks](#)

1. Rate Your Current Reality

Prompt: Evaluate your financial health and sense of security.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

Are you managing money mindfully and confidently?

2. Current Stories: Limiting Beliefs

Prompt: Identify thoughts that limit financial growth.

- Do I believe money is scarce or hard to earn?
- Am I afraid to invest or save due to fear of loss?

Worksheet:

Current Stories / Limiting Beliefs:

3. Rewrite the Story with Your Vision

Prompt: Picture financial abundance and freedom.

- How would it feel to handle money with ease?
- What opportunities would open up with security?
- What would you buy with the money?

Worksheet:

Your Vision:

4. Replace Negative Self-Talk with Affirmations

Examples:

- "I attract and manage wealth responsibly."
- "My financial decisions support my goals."

Worksheet:

Affirmations:

5. Habits

Prompt: Choose what to stop, start, and continue.

- Stop: Impulse buying.
- Start: Budgeting weekly.
- Continue: Saving a small, consistent amount.

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Create a one-month financial plan and stick to it.



- Compare prices before a purchase this week.

Worksheet:

Challenge for this Week:



Day 14: Service to Others - discover your purpose [Go to assignment](#)

[Quicklinks](#)

1. Rate Your Current Reality

Prompt: Assess your contribution to others and sense of purpose.

Scale: 1 (Poor) to 5 (Excellent)

Worksheet:

Rating: ____

Are you finding fulfillment in acts of kindness and support?

2. Current Stories: Limiting Beliefs

Prompt: Identify beliefs that hinder your impact.

- Do I think I lack resources or time to help others?
- Am I unsure if my efforts matter?

Worksheet:

Current Stories / Limiting Beliefs:

Below is a worksheet to help you clarify your passions, identify your natural gifts, and align them to find a purpose that inspires and guides you. Use each section to brainstorm, reflect, and craft a statement that resonates deeply with who you are and what you hope to contribute.

Finding Your Purpose and Aligning Your Vision

Purpose, Passion, and Motivation:

Purpose emerges where your curiosity, skills, and a meaningful cause intersect.

Step 1: Discover Your Passion

Curiosity Mapping (Kotler-Inspired):

1. List 10 things you're curious about: If you had a free Saturday night, what would you read about? What would you watch a documentary about?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2. Which topics or activities make time disappear for you? (Flow states)
-



3. Look for overlaps or themes that indicate core passions:

Reflect:

- What brought you joy as a child, before external pressures took hold?

- When do you feel most energized and engaged?

Step 2: Identify Your Gifts

Consider a personal SWOT analysis to understand where you excel and where you can grow.

Strengths (What do you excel at?):

- ---
- ---

Weaknesses (Skills to improve or outsource):

- ---
- ---

Opportunities (Where can your strengths create impact?):

- ---
- ---

Threats (External challenges to be aware of):

- ---
- ---

Feedback from Friends:

Ask trusted individuals: "What am I great at?" "When do you rely on me?"

Write down responses:

- ---
- ---

Step 3: Align Passion and Gifts

Purpose arises at the intersection of what you love and what you're good at.

Identify Global or Local Issues You Care About:

- ---
- ---



Match Problems with Your Passions and Gifts:

Which issues align with your interests and strengths?

- ---

Write a Purpose Statement:

Use this template:

“My purpose is to [action] for [audience] by using my [gifts] to address [problem].”

Draft Statement:

Example: “My purpose is to empower underserved communities by using my design skills to create accessible educational tools.”

Review your purpose statement. Does it feel authentic, inspiring, and aligned with the intersection of your passions, strengths, and desired impact? Adjust as needed until it resonates deeply.

3. Rewrite the Story with Your Vision

Prompt: Envision a life filled with meaningful contribution.

- How would offering help regularly shape my character?
- What difference would it make in the world?

Worksheet:

Your Vision:

4. Replace Negative Self-Talk with Affirmations

Examples:

- “My actions, however small, make a positive difference.”
- “I serve others with compassion and authenticity.”

Worksheet:

Affirmations:

5. Habits

Prompt: Decide what to stop, start, and continue.

- Stop: Overextending until burnout.
- Start: Offering a small act of service weekly.
- Continue: Consistent, meaningful contributions.

Worksheet:

Habits to Stop:

Habits to Start:

Habits to Continue:

6. Add a Challenge

Examples:

- Volunteer an hour at a local shelter this week.



- Connect two people who could help each other.

Worksheet:

Challenge for this Week:

Reflection

After completing all spheres, take a moment to reflect:

- What is one limiting belief you successfully rewrote, and how does your new story feel?
- Which habit will you focus on first to move toward your vision?
- How will you celebrate your progress, no matter how small, this week?

By working through these six steps for each sphere, you develop a practical roadmap for growth and balance in every area of your life. The process fosters self-awareness, action, and continuous improvement—ultimately guiding you toward a more fulfilled, purposeful existence.



Day 15: Envision and Align - Define your Success [Go to assignment](#)

[Quicklinks](#)

Today's Assignment: Align Your Vision with Your Purpose

Your Vision

[Back to Top](#)

1. Refine Your Vision

Revisit the detailed portrait of your ideal life. Consider all the spheres—mind, body, fun and adventure, money, service to others—and imagine how they fit together into a meaningful whole.

- Who's There? (Friends, family, mentors, colleagues)

- What Work Excites You? (Projects, roles, fields of interest)

- How Do You Contribute to the World? (Impact, legacy, value you add)

- Environment & Lifestyle: (Daily routines, living space, overall feel)

Summarize your vision in 1–2 sentences:

2. Set Your Success Criteria and Filtering Questions

Extract qualities that matter most, inspired by the examples below. Choose which resonate with you and write your own filtering questions.

Examples of Success Criteria:

- Time Freedom
Definition: The flexibility to shape your day on your own terms.
Why It Matters: Aligns your daily life with personal priorities.
Filtering Question: "Will this opportunity preserve or increase my freedom to spend time meaningfully?"
- Meaningful Relationships
Definition: Deep, supportive connections that foster mutual growth.
Why It Matters: Genuine bonds enrich life and offer perspective, empathy, and encouragement.
Filtering Question: "Does this decision bring me closer to people who uplift me, or strengthen the relationships I value?"
- Financial Ease or Abundance
Definition: Earning enough to comfortably support your envisioned life.
Why It Matters: Financial stability frees mental space, allowing focus on growth and relationships.
Filtering Question: "Does this path bring me closer to the financial security I need to live authentically?"



- **Impact and Contribution**
Definition: Using your talents to uplift others and make a difference.
Why It Matters: Serving others and solving problems can define success if this resonates with you.
Filtering Question: “Does this choice help me serve others in a way that reflects my core values?”
- **Personal Growth and Learning**
Definition: Continual expansion of skills, knowledge, and self-awareness.
Why It Matters: For those who value growth over possessions, success lies in who you become.
Filtering Question: “Does this experience challenge me to evolve or deepen my understanding?”
- **Health and Well-Being**
Definition: Feeling physically, mentally, and emotionally sound.
Why It Matters: Good health underpins all other pursuits, ensuring that achievements don’t feel hollow.
Filtering Question: “Will this decision support my well-being and enhance my vitality?”

Your Success Criteria:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Your Filtering Questions:

(Adapt the examples above or create your own)

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

3. Take Action and Share

Identify five steps you can take in the next month to move closer to living in alignment with your vision and criteria. These might involve exploring flexible career options, investing in a class to foster growth, or dedicating more time to relationships or self-care.

1. _____
2. _____
3. _____
4. _____
5. _____

Accountability:

With whom will you share your vision and criteria for support and encouragement?



Name/Relationship: _____

How and when will you share?

Turning Vision Into Reality

Now that you've defined your success criteria, you've created a personalized compass. Each opportunity, request, or decision can be measured against these standards. Does it bring you closer to your vision or pull you away?

If a job offer conflicts with your need for time freedom and meaningful relationships, it's not the right fit. If a volunteer project lets you learn new skills, connect with inspiring people, and help others, it aligns with what you cherish.

By defining success on your own terms and filtering each choice through your values, you transform vague dreams into a purposeful roadmap. Aligning your vision with your purpose ensures that each step you take is deliberate, authentic, and fulfilling.



Day 16: From Vision to Action: Goal setting - choose your goal [Go to assignment Quicklinks](#)

Setting a Single, Clear Goal

Instructions:

Today's assignment is to choose one goal based on the vision you've been crafting. While you might feel inspired to select multiple targets, focus on just one goal to experience the power of directing your energy with clarity and purpose. In the coming days, you'll learn to refine this goal using the 12-Week Year approach, breaking it down into manageable steps. For now, trust the process: choose one goal, make it SMART, and reflect on why it matters to you.

Step 1: Revisit Your Vision

Recall Your Vision:

In previous lessons, you've envisioned the life you want. Spend a moment thinking about the broader picture: What does a vibrant, purposeful life look and feel like to you?

- *Jot down a few key elements of your vision:*

- _____
- _____
- _____

Step 2: Choose One Goal

Identify One Specific Goal:

From your vision, pick one aspect you'd like to focus on now. Think about something that feels both meaningful and achievable within the next 12 weeks.

- My One Goal: _____
-

Step 3: Make It SMART

Refine Your Goal Using the SMART Criteria:

- Specific: Clearly define what you want to accomplish.
- Measurable: Determine how you'll know when it's achieved.
- Attainable: Confirm it's realistic given your current life situation.
- Relevant: Ensure it aligns with your larger vision and values.
- Time-bound: Assign a deadline.

Example Before SMART: "I want to save money."

Example After SMART: "I will save \$500 by the end of 12 weeks by setting aside \$42 each week."

Your SMART Goal:

- Specific: _____
- Measurable: _____
- Attainable: _____
- Relevant: _____
- Time-bound: _____

Final SMART Goal Statement:

Step 4: Identify Your "Why"

Clarify the Meaning Behind Your Goal:

Understanding your deeper purpose fuels motivation. Why is achieving this goal important to you? How will it improve your life, align with your values, or contribute to your overall vision?

- My "Why": _____
-
-

Step 5: Visualize Your Success

Imagine Achieving Your Goal:

Spend a moment picturing what life will be like when you reach this goal. What will you feel, see, and experience?

- *Write or sketch your vision of success:*
-
-

Step 6: Commit to the Process

6. Set Your Intention:

By writing this goal down, you're moving from dreaming to doing. This is your commitment to follow through in the coming days as you learn to break it down into actionable steps.



- My Commitment: I commit to working towards my goal and taking meaningful steps every day for the next 12 weeks, adjusting as needed, and celebrating every milestone.

You've set the stage!

You have one clear goal that's **SMART** and connected to your deeper purpose. Over the next days, you'll learn how to break this goal into smaller milestones, schedule your tasks, and track your progress using the 12-Week Year approach. For now, rest in the knowledge that you have a clear destination—your next steps will guide you toward it.



Day 17: From vision to action: Why do you want it? [Go to assignment](#)

[Quicklinks](#)

Instructions:

Yesterday, you identified a specific goal—one that aligns with your vision and values. Today, we dive deeper into understanding the driving force behind that goal. By reconnecting with your “why,” you create a solid foundation of motivation and purpose that you can lean on when challenges arise.

Why Revisit Your “Why”?

Your “why” is the energy source that keeps you moving forward. It provides clarity, meaning, and resilience. When you encounter roadblocks, reminding yourself why you started can help you stay committed. Today’s exercise strengthens that inner dialogue you began yesterday, ensuring that your actions remain purposeful and grounded in what truly matters to you.

Step 1: Recall Your Goal

Write Down Your Chosen Goal from Yesterday:

Step 2: Reflect on Your Inner Motivation

Ask Yourself:

“Why do I really want to achieve this goal?”

Consider both internal (intrinsic) motivations—such as personal growth, fulfillment, and alignment with your values—and external (extrinsic) motivations—like financial benefits, improved relationships, recognition, or a tangible reward.

Reflect honestly. These reasons should resonate at a gut level—meaning they feel deeply true and personally important to you.

Step 3: List at Least Three Reasons

My Three (or More) Reasons Why:

- Reason 1 (Intrinsic or Extrinsic):

- Reason 2 (Intrinsic or Extrinsic):

- Reason 3 (Intrinsic or Extrinsic):



Step 4: Keep Your “Why” Visible

Make Your Motivation Tangible:

Copy these reasons onto a sticky note, a page in your journal, or create a reminder in your phone. Keep them in a place you’ll see often—near your desk, your bathroom mirror, or as your phone’s background. This visual cue will help you stay connected to your driving force, especially on days when motivation feels low.

Where I Will Keep My “Why” Visible:

Step 5: Revisit Regularly

Commit to Checking In:

Promise yourself that you will revisit these reasons regularly, especially when you feel stuck or uncertain. Re-anchoring in your “why” will help you find the strength to push forward.

You’re building resilience.

By taking time to dig into the “why” behind your goal, you’re strengthening your resolve and preparing for the ups and downs of the journey ahead. Your reasons for pursuing this goal are now clear, authentic, and close at hand. Lean on them as you continue transforming intention into action.



Day 18: From vision to action: schedule your success [Go to assignment](#)

[Quicklinks](#)

Assignment Worksheet: Establishing Your Dedicated Time

Instructions:

Remember the time you committed to this personal growth journey at the very start (on Day 0)? Now is the moment to use that same time slot—or choose another consistent window—to work toward your specific goal. Even if it's just 30 minutes, reserving this time is a powerful statement of dedication.

Today, your only focus is to set aside this dedicated time. In the coming days, we will refine how you'll use this time and how to track your progress. For now, simply commit to a regular time block that you'll protect from other obligations.

Step 1: Recall Your Goal

Write down your previously chosen goal:

Step 2: Choose Your Dedicated Time

Identify a Regular Time Block:

Consider using the same time you dedicated at the start of this journey or select a new slot that fits your schedule. This time should feel manageable and realistic—something you can honor consistently.

My Dedicated Time Block(s):

Day(s) of the Week: _____

Start Time: _____

Duration: _____

(Example: Monday to Friday, 6:30–7:00 AM.)

Step 3: Plan Your Initial Session

How Will You Use Your First Dedicated Session?

While you don't need to define every detail of your long-term plan today, think about one small action you'll take during your first session. This initial step helps you start building momentum.



My First Session's Focus:

(Example: If your goal is to write a book, spend the first session brainstorming key chapter themes.)

Step 4: Affirm Your Commitment

Make a Promise to Yourself:

By setting aside this time, you're reinforcing that your goal is a priority. Use the affirmation below or create your own to solidify your commitment.

My Affirmation:

"I commit to honoring my dedicated time block as a meaningful step toward achieving my goal."

Looking Ahead:

You've now taken an important step by carving out dedicated time. In the upcoming days, we'll continue refining your plan and introduce ways to measure and track your progress. For today, simply trust that setting aside this time is a crucial foundation. Each session will help you move steadily toward realizing your goal.



Day 19: From vision to action - how? [Go to assignment Quicklinks](#)

Assignment Worksheet: Strategizing Your Path to Success

Instructions:

Today's work focuses on the "how" of achieving your goal. You've identified what you want and why you want it—now it's time to clarify the steps, prioritize the actions that matter most, shape your environment, and set yourself up for focused, productive work sessions. You'll also begin using a "MacGyver-like" approach to let your subconscious contribute overnight.

Complete the following steps to begin transforming your vision into a strategic, actionable plan.

Step 1: Reverse Engineer Your Goal Using the 12-Week Year

Define Your Ultimate Objective:

Write down your end-goal. Be as clear and specific as possible.

- Ultimate Objective:

Set a 12-Week Endpoint:

Imagine where you'd like to be in 12 weeks. What measurable outcome would indicate meaningful progress toward your ultimate objective?

- 12-Week Target:

Break It Into Weekly Milestones:

Outline a simple weekly progression from now until the end of the 12 weeks. Start with Week 1 and think of small, achievable steps.

- Example:
 - Week 1: _____
 - Week 2: _____
 - Week 3: _____
 - ... (Continue this pattern up to Week 12)

Break Your First Weekly Milestone Into Daily Actions:

Identify small actions you can take on a daily basis in one session. Think of something you are sure to accomplish in your 30 minutes time block. Rather pick something that you can complete in 10 minutes. Start small. These will be your motivational win. Every small step counts.

- Milestone Week 1 Actions:



Take One Simple Action Today:

Identify one small action you'll take immediately to kick-start this progression.

- Today's Action:

Step 2: Prioritize for High Impact

A. Identify Three High-Impact Tasks for This Week:

Apply the 80/20 principle—find the tasks that will deliver the greatest return for your effort.

1.

2.

3.

Step 3: Optimize Your Environment

A. One Immediate Change to Reduce Distractions:

Consider your workspace or daily habits. What's one step you can take right now—turning off notifications, clearing clutter, or setting up tools in advance?

- Change to My Environment:

Step 4: Prepare for Flow

A. Schedule a Focused Work Block:

Choose a time period (90–120 minutes) where you'll work without interruptions. Block it off in your calendar.

- Scheduled Flow Session:
 - Day & Time:

 - Location:

B. Setting the Stage for Flow:

How will you minimize distractions and ensure everything you need is ready?

- My Flow Setup Plan:

Step 5: Engage the Subconscious—Building on Your Rituals



Evening Ritual Task:

Before ending your day, choose one high-impact action for tomorrow. Write it down now, free write, and let your subconscious work on it overnight. When you wake up, you'll have a clear priority to tackle first.

- Tomorrow's High-Impact Action:
-

(Optional: Keep this note visible—by your bed, on your desk, or in a planner—so you see it first thing in the morning.)

You've Laid the Foundation.

By reverse engineering your goal, identifying your top priorities, optimizing your environment, scheduling focused work time, and engaging your subconscious mind, you're turning an abstract vision into a strategic plan. Over time, these habits and steps will compound, helping you move steadily toward your ultimate objective. Keep refining as you go—small, consistent adjustments can yield remarkable results.



Day 20: Building your dream team [Go to assignment Quicklinks](#)

Building Your Dream Team

Instructions:

Today's focus is on the "who" behind your journey to success. Rather than figuring out every "how" alone, you'll identify people who can help you move forward faster and more effectively. The steps below will guide you through clarifying where you need support, defining roles for potential collaborators, and beginning to form relationships that are mutually beneficial.

Step 1: Assess Your Current Situation

1. Revisit Your Goal:

Write down the main goal you've been working on.

2. Your Strengths and Weaknesses:

Reflect on where you shine and where you struggle. Consider your unique abilities, then note any areas that consistently slow you down or prevent you from making progress.

- Strengths (What you do well):

- Weaknesses (Areas where you need help or could improve):

Step 2: Identify Your Needs

3. Where Would Support Help the Most?

Think about tasks that drain your energy, require skills you lack, or consistently slip off your to-do list. These are prime opportunities to bring in outside help.

- Key Tasks/Areas for Support:

4. Type of Support Needed:

Consider the kind of assistance that would be most helpful. For example:

- A Mentor: Provides guidance, experience, and perspective.
- A Partner: Shares responsibilities, risks, and rewards.
- A Specialist: Handles a specific technical or administrative task.
- A Peer or Accountability Buddy: Offers moral support, motivation, and keeps you on track.



- Roles That Would Benefit Me:

Step 3: Potential “Whos” in Your Network

5. Brainstorm People Who Can Help:

Think of individuals you already know or could reasonably connect with—friends, colleagues, acquaintances, mentors, or professionals in your field—who match the roles you listed above.

- Name 2–3 people you could approach for each type of support:

- Mentor: _____
- Partner: _____
- Specialist: _____
- Accountability Buddy/Supportive Peer: _____

6. *(If you don't have someone specific in mind yet, list places you might find them—e.g., online communities, professional networks, referrals.)*

Step 4: Reaching Out and Offering Value

6. What's In It for Them?

When you approach potential collaborators, show them why it's worth their time. Are you able to offer your own strengths, share knowledge, or provide reciprocal opportunities?

- How I Can Add Value:

7. Your Outreach Plan:

Determine how you'll initiate contact—an email, a call, a social media message, or an introduction through a mutual acquaintance. Note what you'll say to present a clear, mutually beneficial reason for connecting.

- My Outreach Approach:

Step 5: Nurturing Relationships

8. Long-Term Connection:

How will you maintain and grow these relationships over time? Consider regular check-ins, sharing resources, celebrating successes, and expressing gratitude.



- Relationship Maintenance Ideas:

Next Steps:

You've identified who can help you, how they can help, and what you can offer in return. Your next action is to take a small step toward engaging with at least one person on your list. Over time, as you develop these relationships, you'll find that leveraging the strengths of others not only accelerates your progress but makes the journey more enriching and sustainable.

Congratulations on moving from "How can I do this?" to "Who can help me get there?" Keep building these connections, and watch your momentum grow.



Day 21: Track your progress [Go to assignment Quicklinks](#)

Assignment Worksheet: Tracking Your Progress

Instructions:

Today's lesson emphasizes the power of measuring your progress and focusing on the gains rather than the gaps. By identifying both lead and lag indicators, you'll have a clearer roadmap of what actions to take and how well those actions lead you to your desired outcomes. This worksheet will guide you in choosing these indicators and reflecting on the progress you've made, no matter how small.

Step 1: Revisit Your Goal

1. Write down your main goal:

Step 2: Define Your Lead and Lag Indicators

2. Lead Indicator (Action-Focused):

A lead indicator is something you can directly control—an action or habit that, when done consistently, drives results. For example, if your goal is to improve fitness, a lead indicator might be the number of workouts you complete per week.

- My Lead Indicator:

3. Lag Indicator (Result-Focused):

A lag indicator is an outcome that follows from your actions, something you measure after the fact. For example, if your goal is to save money, a lag indicator might be the amount saved at the end of the month.

- My Lag Indicator:

Step 3: Tracking Your Progress

4. Frequency of Tracking:

Decide how often you'll track these indicators. Daily or weekly tracking works well for lead indicators, while monthly or quarterly may be suitable for lag indicators.

- I will track my Lead Indicator: _____

- I will track my Lag Indicator: _____

5. Tools or Methods for Tracking:

Consider how you'll keep tabs on these indicators. Will you use a spreadsheet, a habit-tracking app, a calendar, or a simple journal entry?



- My Tracking Method(s):

Step 4: The Gain Mindset

6. Reflect on Gains, Not Gaps:

Each time you review your progress, acknowledge what you've accomplished—even if it's a small step forward. Write a brief statement about how focusing on gains will help you stay motivated and appreciate your journey.

- My Gain-Focused Statement:

"I will celebrate every step I've taken, acknowledging how far I've come, rather than fixating on how far I still have to go."

Step 5: Setting Your Baseline

7. Your Starting Point (Current Status):

Record where you stand right now—this could be the first measure of your lag indicator, or your current frequency of completing lead actions. Having a baseline will make progress more tangible.

- Baseline for Lead Indicator:

- Baseline for Lag Indicator (If available):

(If you don't have a baseline for your lag indicator yet, that's okay. You'll establish one during your first measurement.)

You've Set the Stage for Consistent Progress!

By identifying your lead and lag indicators, determining how and when you'll track them, and shifting your perspective to focus on gains, you're ready to move forward with confidence. Tomorrow, you'll build on these insights to create your 12-week plan, ensuring each step is driven by what matters and measured for steady growth.

Keep your focus on the journey, celebrate each step forward, and let each gain encourage you to continue striving toward your ultimate dream.



Day 22: Craft your 12 weeks plan **Go to assignment Quicklinks**

Assignment Worksheet: Crafting Your 12-Week Plan

Instructions:

Over the past six days, you've shaped a vision, clarified goals, experimented with microhabits, and learned to track progress. Now, it's time to consolidate all these insights into a concise, 12-week plan. This plan transforms your wishful thinking into concrete steps, defined milestones, and daily actions—all supported by time-blocking and a weekly review ritual.

Your 12-Week Plan:

[Back to Top](#)

You'll define a clear, SMART 12-week goal, break it into weekly wins, and then identify daily actions to move you forward. By setting aside regular time to review and adjust, you'll maintain momentum and flexibility.

Step 1: Refine Your 12-Week Goal

1. Write Your SMART 12-Week Goal:
 - Specific: Clear and detailed.
 - Measurable: Quantifiable progress.
 - Attainable: Realistic but challenging.
 - Relevant: Connected to your long-term vision.
 - Time-Bound: Achievable within 12 weeks.
2. My 12-Week Goal:

(Example: "I will run a 5K race in 12 weeks by running three times a week and gradually increasing my distance.")

Step 2: Weekly Wins (Milestones)

2. Break Down Your Goal by Week:

List out your target milestones or "wins" for each week. These should feel like stepping stones, each building on the last, guiding you toward your 12-week finish line.

Weekly Milestones:

- Week 1: _____
- Week 2: _____
- Week 3: _____
- Week 4: _____
- Week 5: _____



- Week 6: _____
 - Week 7: _____
 - Week 8: _____
 - Week 9: _____
 - Week 10: _____
 - Week 11: _____
 - Week 12 (Finish Line): _____
-

Step 3: Daily Actions

3. Identify Three Daily Actions:

What three small, consistent actions will you take each day to ensure progress toward your weekly wins and overall goal? Keep these simple, manageable, and aligned with your milestones.

My Three Daily Actions:

1. _____
2. _____
3. _____

(Example: If running a 5K is your goal, daily actions might include: "Stretch for 5 minutes each morning," "Run or walk for at least 10 minutes," "Record my run in a tracking app.")

Step 4: Time Management—Scheduling Your Actions

4. Time-Block Your Actions:

Assign specific times during your day and week to work on your plan. Consider when you have the most energy and can protect your time without interruption.

Daily Actions (Time Slots):

- Action 1: _____ at _____
- Action 2: _____ at _____
- Action 3: _____ at _____

5. Weekly Review Ritual:

- I will conduct my weekly review on: (Day & Time) _____

(Example: "Stretch at 7:00 AM, run at 6:00 PM, update tracking app at 8:00 PM. Weekly review on Sunday, 5:00 PM.")

Step 5: Accountability and Support

5. Identify Your “Who”:

Name a person or group who can hold you accountable, provide feedback, or support you on your journey.

- Accountability Partner/Mentor:

6. How often will you check in with them?

(Example: “I will message my running buddy every Friday to report my mileage and progress.”)

Step 6: Tracking Indicators—Leads and Lags

6. Choose One Lead Indicator and One Lag Indicator:

- Lead Indicator (Actions you control, e.g., runs per week):

- Lag Indicator (Results following from actions, e.g., time it takes to run 5K):

7. How will you track these?

Step 7: Embracing the “Gain” Mindset

7. Reflect on Gains, Not Gaps:

Write a brief statement on how you will celebrate your progress weekly, acknowledging how far you’ve come rather than focusing on how far you have to go.

My Gain-Focused Statement:

Step 8: Execution and Adjustment

8. Flexibility Plan:

If you encounter challenges, how will you adapt without abandoning your goal?

Step 9: The Weekly Ritual

9. Outline Your Weekly Ritual Steps:



- Reflect on the past week's progress and lessons.
- Review your long-term vision and confirm alignment.
- Reconnect with your 12-week goal and milestones.
- Review your "collection bucket" of tasks—sort and select what supports your plan.
- Review your priorities for the upcoming week.
- Set 1–3 wins for the new week and confirm daily actions.

10. My Weekly Ritual Confirmation:

(Example: "On Sundays at 5:00 PM, I will spend 30 minutes reviewing my performance, setting my weekly win, and planning daily actions.")

Congratulations!

You've now taken your vision, habits, and lessons learned over the last six days and condensed them into a 12-week roadmap. This plan is your bridge from dreaming to doing. By following your weekly ritual, tracking progress, and adjusting as necessary, you'll stay connected to your vision, celebrate your gains, and watch your dream become reality—one week and one day at a time.

Day 23: Cultivating a microhabit for the mind [Go to assignment Quicklinks](#)

2-Minute Mind Microhabit Exercise

In just two minutes, you'll choose one small habit that helps your mind feel calmer and clearer. Follow these quick steps:

Step 1: Visualize

Picture the mental qualities you want more of—maybe calm, curiosity, or focus.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a few minutes:

Here are some ideas:

- **Tiny Compliment to Someone Else:** *Once a day, share a genuine compliment or kind word with a colleague, friend, or stranger.*
 - **One-Minute “Push Through” Task:** *Identify a small task that feels slightly uncomfortable (making that overdue call, organizing a drawer) and do it right away.*
 - **Micro-Reset Breath:** *When stress flares, close your eyes and take five slow, deep breaths (inhale and exhale for about five seconds each).*
 - **Blinkist & Coffee:** *Listen to a short Blink (audio summary) on Blinkist.com as you enjoy your morning coffee.*
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, right after your morning coffee or each evening before bed. Consistency is easier when you attach it to an existing routine.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it help your mind and support your bigger goals?

Done!

You've Planted a Seed.

By selecting a single microhabit for the mind, you've taken a modest but meaningful step. This small, regular action will gently shape your mental landscape, helping you stay focused, calm, and open to growth. In the days to come, you'll apply this same approach to other areas of your life, layering microhabits that nourish every dimension of your journey.



Day 24: Cultivating a Microhabit for the Body [Go to assignment Quicklinks](#)

2-Minute Body Microhabit Exercise

In just two minutes, you'll choose one small habit that helps your body feel stronger, more energized, or more relaxed. Follow these quick steps:

Step 1: Visualize

Picture how you want your body to feel—maybe more flexible, energetic, or calm.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a minute or two. Here are some ideas:

- **Quick Stretch:** Do a 30-second shoulder roll or neck stretch.
 - **Hydration Sip:** After you wake up, drink a small glass of water.
 - **Mini-Workout Move:** Perform a single set of 5 squats or a 10-second plank.
 - **Tension Release:** Close your eyes and gently tense, then relax your muscles from head to toe.
 - **Stand & Shake:** If you've been sitting for a while, stand up and shake out your arms and legs for a few seconds.
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, right after pouring your morning coffee or before you brush your teeth at night.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it help your body and support your health goals?

Done!

You've Planted Another Seed.

With one microhabit for the body chosen, you've taken a small yet meaningful step toward greater strength, flexibility, and vitality. Over time, these tiny actions will add up, helping you feel more energized and resilient as you continue along your 12-week journey. Keep nurturing these habits, one day at a time.



Day 25 Assignment Worksheet: Cultivating a Microhabit for Relationships [Go to assignment Quicklinks](#)

2-Minute Relationship Microhabit Exercise

In just two minutes, you'll choose one small habit that helps your relationships feel more connected, supportive, or fulfilling. Follow these quick steps:

Step 1: Visualize

Picture what you want more of in your relationships—maybe deeper understanding, warmth, or fun.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a minute or two. Here are some ideas:

- **Mini Appreciation:** Once a day, message or tell someone one thing you appreciate about them.
 - **Quick Check-In:** Send a short “How are you feeling today?” text to a friend or family member.
 - **Micro-Listen:** When someone speaks, pause for an extra few seconds before responding.
 - **Gratitude Post-It:** Leave a quick thank-you note where a loved one will see it (fridge, mirror, desk).
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, do it after your morning coffee, or right before you shut off your computer at the end of the day. Consistency is easier when it's tied to an existing routine.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it help strengthen your connections and support your broader relationship goals?

Done!

You've Planted Another Seed.

With this single microhabit, you're making space for warmth, understanding, and appreciation to grow. Over the coming weeks, these small actions will weave into the fabric of your relationships, reminding you that meaningful connections are built one kind word, one thoughtful gesture at a time.



Day 26: Cultivating a Microhabit for Fun & Adventure [Go to assignment](#)

[Quicklinks](#)

2-Minute Fun & Adventure Microhabit Exercise

In just two minutes, you'll choose one small habit that brings a spark of excitement or curiosity into your daily life. Follow these quick steps:

Step 1: Visualize

Picture a playful moment you want more of—maybe laughter, exploration, or a sense of newness.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a minute or two. Here are some ideas:

- **30-Second Wonder:** Look up one fascinating fact about a place or topic you've never explored.
 - **Micro-Adventure Research:** Once a week, spend 1 minute Googling a new local spot you might visit.
 - **Taste Something New:** Try a new tea flavor or a different fruit snack once a week.
 - **Fast Fun Clip:** Watch a 1-minute funny or interesting video to jump-start your day.
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, right after you brew your morning coffee, or once you've finished your workday. Consistency is easier when it's tied to an existing routine.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it lift your mood, inspire creativity, or re-energize you toward your bigger goals?

Done!

You've Planted Another Seed.

By introducing this simple action into your life, you're opening the door to new experiences, ideas, and pleasures. Over the weeks ahead, these tiny acts of exploration will accumulate, reminding you that adventure can be found in the smallest and most accessible moments of daily life. Enjoy the journey!



Day 27: Cultivating a Microhabit for Money [Go to assignment Quicklinks](#)

2-Minute Money Microhabit Exercise

In just two minutes, you'll choose one small habit that supports your financial well-being. Follow these quick steps:

Step 1: Visualize

Imagine the kind of financial ease or security you'd like—maybe more savings, less worry, or a future goal you're working toward.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a minute or two. Here are some ideas:

- **1-Dollar Save:** Each day, drop a single dollar into a savings jar or app.
 - **Mini Expense Check:** Spend 1 minute reviewing your last purchase to see if it aligns with your values.
 - **Price Compare:** Once a week, compare prices on a regular household item before buying.
 - **Quick Finance Note:** Write down one thing you spent money on and how it made you feel.
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, right after you check the mail, or before your morning coffee. Consistency is easier when it's tied to an existing routine.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it help your finances, reduce stress, or move you closer to your bigger money goals?

Done!

You've Planted Another Seed.

By integrating this microhabit into your routine, you're steadily transforming your financial habits. Over time, these small actions will add up, enhancing your confidence, control, and long-term prosperity. Keep moving forward—one tiny step at a time.



Day 28: Cultivating a Microhabit for Service [Go to assignment Quicklinks](#)

2-Minute Service Microhabit Exercise

In just two minutes, you'll choose one small habit that brings kindness and support into your daily life. Follow these quick steps:

Step 1: Visualize

Picture the kind of impact or connection you'd like to create—maybe helping a neighbor, offering a smile, or sharing resources in your community.

Step 2: Pick One Tiny Action

Think of a super-simple habit you can do regularly—something that takes only a minute or two. Here are some ideas:

- **One-Minute Check-In:** Send a quick text to see how a friend or neighbor is doing.
 - **Micro Donation:** Once a week, donate a small amount (like \$1) to a cause you value.
 - **Compliment Slip:** Jot down a short, genuine compliment or gratitude note and leave it where someone will find it.
 - **Kindness Prompt:** Keep a post-it near your desk reminding you to do one small act of kindness per day.
-

Step 3: Decide When

Combine it with something you already do—habit stacking. For example, right after you check your morning emails, or before you start cooking dinner. Tying it to an existing routine helps you stay consistent.

Step 4: Confirm Your Why

Remind yourself why this small action matters: How will it bring more compassion or community into your life and support a bigger vision of service?

Done!

You've Planted Another Seed.

With this microhabit of service, you're weaving kindness into the fabric of your life. Each small gesture, done steadily over time, adds up—reminding you that giving back and lifting others is not an occasional event, but a way of being. Continue nurturing these habits, and watch how they gradually shape a brighter, more connected life.



Day 29: Integrating Microhabits Into Your 12-Week Plan [Go to assignment](#)

[Quicklinks](#)

Assignment Worksheet: Integrating Microhabits Into Your 12-Week Plan

Instructions:

You've learned how to break big dreams into manageable steps, how to use microhabits to build consistency, and how to structure your time to support steady progress. Now it's time to put these insights into action. This worksheet will guide you in merging your chosen microhabits with your 12-week plan, ensuring that each day's efforts move you closer to your vision.

Step 1: Identify Your Microhabits in Each Sphere of Life

Microhabits for Each Sphere:

Recall the tiny actions you've chosen to support growth in each area. If you haven't chosen one for each sphere yet, do so now.

Mind (e.g., 5 minutes of reflection): _____

Body (e.g., a brief stretch or quick walk): _____

Relationships (e.g., one note of appreciation): _____

Fun & Adventure (e.g., 5 minutes exploring a new idea): _____

Money (e.g., saving \$1 or reviewing one expense): _____

Service (e.g., offering a small gesture of help weekly): _____

Step 2: Time-Blocking Your Microhabits

Assign Each Microhabit a Specific Time:

Integrate these microhabits into your existing schedule. Choose times that align with your energy levels and routines. Consider attaching them to existing habits ("After I finish my morning coffee, I'll do my mind microhabit").

Mind Microhabit Time: _____

Body Microhabit Time: _____

Relationships Microhabit Time: _____

Fun & Adventure Microhabit Time: _____

Money Microhabit Time: _____

Service Microhabit Time: _____

(Remember to consider your natural energy rhythms—place more challenging habits when you're alert and simpler ones when your energy dips.)



Step 3: Confirm Alignment With Your Weekly Milestones

How Do Microhabits Support Milestones?

Briefly note how each microhabit contributes to meeting your weekly targets. For example, your body microhabit might boost your energy for tackling a key weekly task, or your money microhabit might help you manage resources better, indirectly supporting your main goal.

Mind: _____

Body: _____

Relationships: _____

Fun & Adventure: _____

Money: _____

Service: _____

Step 4: Balancing Life's Spheres With Holistic Productivity

Integrate Kotler's Recommendations (Optional):

Consider adding time for high-flow activities, exercise, active recovery, and social support as suggested by Steven Kotler. Adjust your schedule to ensure a well-rounded approach.

High-Flow Activity (2–6 Hrs/Wk): When? _____

Exercise (3–5 Hrs/Wk): When? _____

Active Recovery (20–40 Min/Wk): When? _____

Social Support/Relationships (2 Hrs/Wk): When? _____

(If you can't commit to all at once, pick one or two to start.)

Step 5: Adjusting and Iterating

Plan for Flexibility:

How will you track whether your microhabits and time blocks are effective? How often will you review and adjust? Plan a brief weekly or bi-weekly check-in to assess your progress and tweak as necessary.

Review Frequency (e.g., every Sunday evening): _____



Key Questions to Ask at Review:

Am I following through on my microhabits?

Are these habits still aligned with my milestones?

Do I need to adjust timings or tasks to fit my natural energy better?

Step 6: Expand to Another Goal Later

Future Application:

After you've become comfortable with this 12-week plan, choose another goal or sphere of life to improve using the same method. Jot down a potential next focus area below:

Next Goal/Sphere to Apply This Method To: _____

Step 7: Commit to the Process

Affirm Your Commitment:

Write a statement affirming that you'll treat these time blocks and microhabits as promises to yourself.

My Commitment:

"I commit to following the schedule I've set, honoring my microhabits as meaningful actions that move me closer to my 12-week goal. I understand that each small step counts, and I will review, refine, and recommit as needed."

You Have a Roadmap.

By strategically placing your microhabits into your 12-week plan, you've created a supportive ecosystem where each day's small efforts collectively build toward your vision. With careful scheduling, respect for your energy, and the willingness to iterate, you're transforming dreams into daily steps—and daily steps into genuine progress. Keep going!

This is just the beginning of your journey. Completing one 12-week cycle establishes a strong foundation, but true growth comes from continual refinement and renewal. After celebrating your successes and reflecting on the lessons learned, you'll be ready to tackle new goals using the same approach. Each new cycle of planning, habit-building, and iteration will sharpen your focus and deepen your confidence.

When you're ready to set your sights on another area of life—or a new level of achievement in the same sphere—turn to the Action Plan Worksheet. It will guide you through the familiar process of clarifying your vision, breaking it down into manageable steps, and anchoring new microhabits into your schedule. With each 12-week cycle, you'll repeat this proven formula, steadily climbing toward mastery, resilience, and the richly fulfilling life you've envisioned.



Action Plan Worksheet [Go to assignment Quicklinks](#)

Welcome to your Action Plan Worksheet! Here, you'll apply a simple 6-step process to create concrete goals for every area of your life. Begin by revisiting your vision and challenging any limiting beliefs that stand in your way. Then, use positive psychology tools, affirmations, and a clear mission statement to build momentum. From setting a SMART goal to blocking out dedicated time and engaging the right support, you'll design a personalized roadmap for success in any area you choose.

Your Vision:

Take a fresh look at the **vision** you've set for the spheres of your life—be it your **mind, body, finances, relationships, fun and adventure, or service**.

How will this action plan fit into your vision? How will it support it?

Trust Through Belief and Positive Psychology

1. Rewrite your story: Challenging limiting beliefs

Reflect on your old story and rewrite it by exploring the limiting beliefs that may be hindering your progress. Start by identifying the source of these beliefs and questioning their validity—are they based on facts or assumptions? Test their reality by examining evidence for and against them, and look at the situation from alternative perspectives. Consider how these beliefs have influenced your actions and outcomes, and think about what you might be missing by holding on to them. Challenge yourself by imagining the worst- and best-case scenarios, and reframe the limiting belief into a positive and empowering one.

Identify the Source

Where did this belief come from?

Is it based on a specific experience, or has it always been present?



Test the Reality

What evidence supports this belief?

What evidence contradicts it?

Am I relying on facts or assumptions?

Explore Alternative Perspectives

If I were giving advice to a friend who held this belief, what would I say?

What might someone without this belief think or do differently?

Examine Consequences

How does this belief affect my actions and outcomes?

What opportunities might I be missing because of it?



Consider Worst-Case and Best-Case Scenarios

Worst-case: What's the most negative outcome if I challenged this belief? Would it really be that bad?

Best-case: What could I gain by letting this belief go or testing its limits?

Reframe and Rewrite

How can I transform this limiting belief into a positive, empowering statement?

Write a new, uplifting version of the old story.

1. Write your mission statement: A mission statement anchors your vision and decisions.

Focus on what you value most and why this goal matters to you, using concise, present-tense language that inspires action. For example:

"I am financially free, living with purpose, and using my resources to benefit myself and others."

1. Support your beliefs with affirmations and visualizations.

Choose wording that feels uplifting and relevant to your goal, and frame it in the present tense as though you've already achieved it. Keep it simple, repeat it daily (aloud or in writing), and pair it with visuals or emotions that help you truly believe in its truth. By doing this consistently, you'll train your mind to focus on what you *can* achieve instead of what might hold you back. For example:

"I am confident, capable, and consistently moving closer to my goals."



1. **Make a commitment:** When you say, “I will...,” you’re solidifying your dedication to a specific course of action.

This commitment is a promise to yourself—a clear, forward-moving declaration of what you intend to do. For example, “I will spend 30 minutes every day working on my business idea to bring it closer to reality.” The more concrete your promise, the easier it is to follow through and measure your progress.

Applying the 6-step process

Your Goal—What?

Now, **translate** your vision into a **SMART goal**: one that’s **Specific, Measurable, Attainable, Relevant**, and **Time-bound**.

For instance, if your sphere is **finances** and your vision is “Build greater financial freedom,” you might define a SMART goal like:

“I will save \$300 per month for the next 12 weeks by reducing takeout meals and selling unused items, ultimately having \$900 set aside by the end of 12 weeks.”

This example has a **clear target** (\$900 total in savings), a **specific timeframe** (12 weeks), and a **measurable action plan** (saving \$300/month). By crafting a goal that fits this format, you give yourself a **tangible endpoint** and **practical steps** to get there.

Set a clear goal:

Why Do You Want It?

Write a statement: “I want this because ...”

What Will Be Your Reward?

Reward yourself for staying on track or achieving the goal.

Set a reward, but keep it small: “If I go to the gym the entire week, I’ll treat myself to a smoothie after.”



Dedicated Time—When?

Review your time blocking and reflect on the time you have available. Choose a regular time to work on your goal. For example, every Tuesday after work, between 6 PM and 7 PM.

What You Need to Do—How?

1. Reverse engineer the goal

Set weekly milestones.

Break down the milestones into actionable steps that you can complete within each time block.



1. Prioritize

The 80/20 Actions - what are the actions that will take you closest to success?

1. Refine your habits

Which habits do I need to build?

Which habits do I need to stop?

Which habits do I need to continue?

Which habits can I stack on top of others?

Which existing habits can anchor my new habits?

Which habits can I replace with better ones?



1. Focus on "where."

What would be the best environment to increase my chances of success?

How do I eliminate friction?

How do I eliminate distractions?

Who Could Help Me Achieve This Goal?

Mentors

Offers guidance, shares experience, and helps you anticipate obstacles.

Support

Provides emotional encouragement and practical tips—friends, family, or online communities.

Accountability

Keeps you on track by checking in regularly—could be a buddy, coach, or mastermind group.

Funding

Supplies financial resources or connects you with potential investors—if your goal requires capital.

Promotion

Helps increase visibility—consider marketing specialists, social media influencers, or brand ambassadors.



Even if you only list one or two names for each category, you'll have a clearer idea of where to seek help when you need it.

Track Your Progress

1. Set your leads

1. Set your lags

Planning for Challenges

What potential challenges might I face?

How can I overcome them?

Consider the Tools and Resources You'll Need

As you work on your action plan, reflect on which tools and resources could streamline your path—whether that's habit-tracking apps, budgeting software, online courses, supportive communities, or expert guidance. You can leverage AI to brainstorm fresh ideas and discover the best tools and resources to achieve your goals. The right combination will simplify your tasks, maintain momentum, and keep you focused on what truly matters.

Do you need more action plan worksheets?

Download it at <https://beanbybean.life/action-plan-worksheet/>

Mind Tools

[Back to Top](#)

[Mind Tools Quicklinks](#)

[Brain Bottle Opener \(BBO\) Technique](#)

[The MacGyver Method: Unlock Creative Problem-Solving](#)

[Collection Bucket](#)

[Collection Bucket](#)

Brain Bottle Opener (BBO) Technique

Sometimes, the biggest barrier to progress is overthinking. That's where the Brain Bottle Opener (BBO) comes in—a simple, time-limited creative exercise designed to unlock your ideas and unblock negative beliefs. Inspired by Claire Barry's *Let Me Out*, this technique encourages you to focus on quick, actionable creativity, allowing ideas to flow naturally without judgment or hesitation.

A BBO works like this: You set a timer for a short, defined period and focus on a specific task or prompt. The fixed time limit keeps you from overthinking, while the structured task gives you direction. It's a powerful way to move past creative blocks, negative mindsets, and indecision. Every small action you take during a BBO session nudges you closer to realizing your vision.

Why Use a BBO?

1. **Break Free from Overthinking:**
By focusing on doing instead of analyzing, you bypass self-doubt and procrastination.
2. **Generate New Ideas:**
Creativity thrives when you're not overthinking. A time-limited exercise allows your ideas to emerge freely.
3. **Shift Your Mindset:**
Action builds momentum, and momentum transforms negative beliefs into positive possibilities.

How to Use a BBO for Visioning

This technique can help you define your vision without overthinking it. Here's how to structure your session:

1. **Set a Timer:**
Decide on a specific amount of time for the exercise (e.g., 10–15 minutes).
2. **Choose a Task:**
Focus on one clear prompt related to your vision or goals.



3. Write or Create Freely:
Without judgment, brainstorm ideas, sketch, or write until the timer goes off.
 4. Reflect:
Review what you've created. What stands out? What feels exciting or meaningful?
-

Sample BBO Exercises

Here are some prompts to try during your session:

1. Define Your Vision (10 minutes):
 - What does my ideal life look like in 5 years?
 - What kind of work inspires me?
 - How do I want to feel every day?
 2. Brainstorm Your Dream List (15 minutes):
 - Write down as many dreams as you can think of—big or small.
 - Don't filter your ideas. Everything counts!
 3. Explore Your Ideal Day (5 minutes):
 - Imagine your perfect day from start to finish. What do you do? Who are you with?
 4. Quick Bucket List (5 minutes):
 - Jot down ideas for fun projects, travel destinations, or experiences you'd like to try.
 5. Overcome a Block (10 minutes):
 - Write down everything holding you back.
 - Now flip the script: How can you reframe these obstacles as opportunities?
-

Example BBO in Action

Task: Brainstorm names for a new venture.

- Set a timer for 10 minutes.
- Start writing down every idea that comes to mind, no matter how silly or imperfect.
- At the end of the session, circle your favorites and refine them later.

Task: Explore your life's vision.

- Set a timer for 15 minutes.
 - Write freely about your ideal life: career, relationships, health, and adventures.
 - Don't stop until the timer rings—even if your ideas feel incomplete.
-



Where to Go from Here?

Once your BBO session ends:

1. Review Your Ideas: Highlight anything that excites or resonates with you.
2. Take Action: Choose one small step inspired by your session and do it immediately.
3. Repeat: Make BBOs a regular part of your weekly ritual to keep ideas flowing and build momentum.

The BBO is a powerful tool to silence your inner critic and tap into your creativity. By taking small, concrete actions in fixed time slots, you'll find yourself moving closer to your vision—one step at a time.

[Back to Top](#)



The MacGyver Method: Unlock Creative Problem-Solving

Inspired by Lee Zlotoff's *The MacGyver Secret* and the legendary TV show *MacGyver*, this method leverages your subconscious mind to solve complex problems with ingenuity and creativity. In the 1980s show, Angus MacGyver was a secret agent known for solving problems in unconventional ways—using everyday objects like paper clips and duct tape to save the day. The same resourceful spirit underpins this method, helping you tackle challenges and generate ideas in your own life.

The MacGyver Method is particularly effective for problems that require creative thinking, whether it's writing, problem-solving, or brainstorming. By stepping away from the issue and allowing your subconscious mind to work, you can unlock innovative solutions that might elude conscious thought.

How the MacGyver Method Works

1. Problem Identification

Write down your problem in detail, including as many specifics as possible. Don't worry about how everything connects—just list what you know and what you need to solve. Think of this step as setting the stage for your subconscious mind to take over.

Example:

- "Tomorrow, I need to write a chapter that's funny, engaging, ends with a cliffhanger, and somehow involves whales and Mother Teresa."

2. Prompt:

- What challenge am I facing?
- What details about this problem can I include to give my mind the full picture?

3. Incubation

Step away from the problem for a period of time, ideally 1–4 hours, or even overnight. Engage in activities that are relaxing yet lightly stimulating—things that occupy your conscious mind without being overly taxing. This allows your subconscious to process and connect ideas.

- Go for a walk.
- Do light exercise.
- Play a simple game or shoot some basketball.
- Avoid TV or anything overly demanding of your attention.

4. Prompt:

- What activity will help me step away while keeping me lightly engaged?
- How can I give myself time to let my subconscious work on the problem?

5. The "Aha!" Moment

After incubation, revisit your problem. You'll often find that ideas or solutions come to you with surprising clarity. Your subconscious has been working behind the scenes, making connections you might not have thought of otherwise.

Why It Works



This method taps into your brain's Default Mode Network (DMN), which activates during periods of rest and reflection. The DMN excels at creative problem-solving, generating insights, and synthesizing information when the conscious mind takes a break. By mimicking MacGyver's resourcefulness—finding solutions in unexpected ways—you can unlock the creative power of your mind.

Tip: Make this part of your evening ritual. Write down your problem before bed, let it incubate overnight, and revisit it in the morning. Often, the best ideas will surface when you least expect them.

Your Turn: Try the MacGyver Method Tonight

1. Write down a challenge or problem you're facing in detail.
2. Incubate: Take a break or sleep on it.
3. Revisit the problem with fresh eyes and a creative mindset.

Who knows? You might just surprise yourself with a breakthrough worthy of MacGyver himself.

[Back to Top](#)



Collection Bucket

As you begin your inner dialogue and ideas start flowing, it's essential to have a reliable system to capture them. Enter the Collection Bucket, a simple yet powerful tool to store your thoughts, ideas, and tasks before they slip away. Think of it as your brain's external hard drive—a place to offload information so your mind stays clear and focused.

Why You Need a Collection Bucket

Our brains, like computers or smartphones, have a limited cognitive bandwidth. When we try to hold onto too many thoughts, our mental "memory" becomes overloaded, leading to stress, forgetfulness, and missed opportunities. The collection bucket acts as your mental storage system, freeing up space for clarity and creativity.

How the Collection Bucket Works

The collection bucket can take many forms, depending on your preferences and lifestyle. The concept is simple: whenever you have an idea, task, or thought you don't want to forget, capture it in your bucket. The key is not to overthink the format—just focus on getting it out of your head.

Setting Up Your Collection Bucket

Here's how to create and use a collection bucket:

1. Choose Your Tool:
 - Use this document: At the end of this Google Doc is space for your collection bucket [\[HERE\]](#).
 - Notebook: Keep a small notebook handy for jotting down ideas.
 - Smartphone Notes App: Use a note-taking app like Notes (iOS), Google Keep, or Evernote.
 - Google Docs: Create a document titled "Collection Bucket" and pin it for easy access.
 2. Write It Down Immediately:
 - Every time you have a thought, idea, or task you want to remember, add it to your bucket.
 - Don't filter or organize the ideas yet—just capture them as they come.
 3. Review Regularly:
 - Set aside time during your Weekly Ritual to review your collection bucket.
 - Sort, organize, or act on the items as needed.
 4. Keep It Simple:
 - Your collection bucket should feel effortless to use. Avoid overcomplicating the process—its purpose is to reduce mental clutter, not add to it.
-

Tips for Success

- Pin It to the Top: If you're using a digital tool, pin your collection bucket note or document so it's always easy to find.
- Use Voice Notes: If you're on the go, record your thoughts using a voice memo app and transfer them later.



- Embrace the Mess: Your collection bucket isn't meant to be perfect. It's a raw, unfiltered space for capturing thoughts.
-

Why Review Your Collection Bucket

Capturing your ideas is only half the process. To make them actionable, you need to review your collection bucket regularly. During your Weekly Ritual, take time to go through the entries. Organize them into categories, prioritize tasks, and decide which items align with your current goals.

A Tool for Endless Possibilities

Your collection bucket will become an invaluable tool for:

- Sparking creativity.
- Keeping track of small tasks and big ideas.
- Relieving mental pressure by giving your brain space to focus.

For those with a hard copy of this book, you'll find space for your collection bucket at the end. If you're working digitally, create your own collection bucket now and start capturing your ideas.

With this tool in place, you'll never lose an idea again—and you'll have one less thing to stress about. Now, let's get started!

[Back to Top](#)



Collection Bucket

[Back to Top](#)

Capture Your Ideas and To Dos

Your collection bucket is your space to quickly jot down ideas, thoughts, or tasks as they come to you. No need to overthink—just write freely. Review and organize these entries weekly to align them with your goals or dreams.



[Back to Top](#)